

HOSPITAL BAG CHECKLIST

What to pack for mom (Labour and Delivery)

What to pack for mom (After Delivery)

Hospital paperwork, ID, Insurance	Comfy change of clothes
Birth plan	Maternity pads and Underwear
Relaxing entertainment	Toiletries and Bath towel
Eye mask and Ear plugs	Cosmetics and Skincare
Personal comfort items	Nursing bras and Nursing pads
Cell phone and Charger	Nursing pillow
Socks and Slippers	Nipple cream

Hospital Bag Essentials for Partner

Hospital Bag Checklist for Baby

Cell phone and Charger	Diapers (20 to 30 pcs)
PJs, Change of clothes, Slippers	Baby wipes (1 to 2 packs)
Toiletries	Bottles (If bottle feeding)
Food and Drinks	Socks and Booties
Books, Magazines, Puzzles	Receiving Blanket
Pillow and Blanket	Going Home Outfit
Any daily prescription medication	Car Seat (Installed)