

Hospital Bag Checklist

Prepare for your 2-3 day hospital stay with this checklist of all of the essentials needed for mom, dad or significant other and baby! If you forget something, don't worry – you can ask the nurse for whatever you may have forgotten or have someone bring you what you need.

Mom:

- Comfortable pajamas
- Lounge pants (2)
- Nursing tops (2)
- Photo outfit
- Sweater or zip up jacket
- Nursing bras
- Pads
- Mesh underwear
- Headband and hair ties
- Slippers
- Non-slip socks
- Robe
- Nipple cream
- Prenatal vitamins
- Water bottle

Toiletries:

- Shampoo + Conditioner
- Body wash
- Toothbrush + Toothpaste
- Dry shampoo
- Brush
- Makeup essentials
- Lotion
- Deodorant
- Lip balm
- Shower shoes
- Face wash
- Hand sanitizer

Baby:

- Short sleeve onesie (2)
- Long sleeve onesie (2)
- Cute outfit for pictures if taken in the hospital and/or going home outfit
- Hat
- Blanket or swaddle
- Socks
- Car seat
- Car seat cover
- Nursing cover
- Newborn diapers
- Wipes
- Burp cloths
- Pacifier
- Boppy pillow

Dad or Significant Other:

- Pajamas
- Change of clothes (2)
- Sweatshirt/jacket
- Photo outfit
- Pillow
- Blanket
- Slip on shoes
- Water bottle

Other:

- Drivers license
- Insurance card
- Birth plan
- Paperwork from OB (if any)
- Phone charger
- Snacks
- Headphones
- Books / magazines for entertainment
- Pillow
- Blanket
- Contacts & solution
- Glasses
- Medications
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Don't Forget!

- > **Install the car seat before birth if possible.**
- > **Don't bring any valuables!**
- > **Pack your bag 4-6 weeks early just in case.**