

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

- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____
- ☐ _____
- ☐ _____

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.**