

THE ULTIMATE HOSPITAL BAG CHECKLIST

MAMA'S CLOTHES AND SHOES

- ♡ Comfortable stretch cotton/natural fiber clothing -- I recommend yoga pants (capris) and big loose T-shirts
- ♡ Zip-up hoodie for if you get cold
- ♡ Maternity or nursing bras
- ♡ Nursing tops, if you intend to nurse
- ♡ A comfy cotton robe
- ♡ Lots of big comfy undies in dark colors.
- ♡ Big, loose sandals or slippers
- ♡ Warm comfy socks (3-4 pairs)
- ♡ Eye mask (and ear plugs)
- ♡ Glasses and contacts, if you use them
- ♡ A hat or cap for messy hair

TOILETRIES

- ♡ Maternity pads
- ♡ Breast pads
- ♡ Nipple cream (lanolin cream)
- ♡ Nipple soothing gel pads
- ♡ Lip balm/Chapstick
- ♡ Baby wipes
- ♡ Travel size shampoo/conditioner or dry shampoo
- ♡ Toothbrush and toothpaste
- ♡ Lotion
- ♡ Hand sanitizer (both for you and visitors)
- ♡ Face moisturizer
- ♡ Razor
- ♡ Nail clippers
- ♡ Brush/comb
- ♡ Deodorant
- ♡ Makeup
- ♡ Tissues
- ♡ Hair ties, clips, headbands, and/or bobby pins
- ♡ Travel mirror

COMFORT ITEMS

- ♡ Phone and phone charger with long cord
- ♡ Camera, battery, cards, and charger
- ♡ Extension cord
- ♡ A prepared music playlist
- ♡ Insurance card
- ♡ Personal Identification (i.e. driver's license)
- ♡ Thank-you gifts for the nurses and staff
- ♡ Snacks!
- ♡ Your favorite water bottle, preferably one that you can drink from while lying down
- ♡ Suckers/lollipops and/or gum
- ♡ Cash and coins for vending machines
- ♡ Breast pump and supplies
- ♡ Your favorite toilet paper
- ♡ Folder or file box to keep all the papers you're going to get in safe and sound

BABY THINGS

- ♡ Onesies (3-4)
- ♡ Newborn cap, mittens, and booties
- ♡ Swaddlers (baby blankets)
- ♡ Burp cloths
- ♡ Nursing pillow and/or nursing cover
- ♡ Cute, comfy outfit for photos/going home
- ♡ Car seat (very important!!)

DAD'S THINGS

- ♡ A warm hoodie or sweater (it can get chilly in the hospital)
- ♡ A change of clothes
- ♡ Clothes he feels comfortable sleeping in
- ♡ His own toiletries
- ♡ Ibuprofen/Acetomenophen
- ♡ His phone and charger
- ♡ Camera
- ♡ Laptop or tablet

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