

# Hospital Bag Checklist

baby chick

## MOM: LABOR BAG



### RELAXED & COMFORTABLE

- MASSAGE LOTION
- ESSENTIAL OILS/DIFFUSER
- AFFIRMATION CARDS/FOCAL POINT
- PLAYLIST & HEADPHONES
- PORTABLE BLUETOOTH SPEAKER
- WATER BOTTLE
- PEPPERMINTS/GUM/LOLLIES/GATORADE
- BIRTH BALL
- MOTORIZED/HANDHELD FAN
- GIFT FOR NURSES



### COSMETIC

- BRUSH
- HAIR TIES/HEADBAND
- DRY SHAMPOO
- LOTION
- LIP BALM
- TOILETRIES
- MAKEUP
- EYEGLASSES
- CONTACTS
- CONTACT SOLUTION



### APPAREL

- LABOR OUTFIT
- COMFORTABLE NURSING BRA
- SOCKS
- SLIPPERS



### COMFORTS OF HOME

- PILLOW
- BLANKET
- SNACKS & BEVERAGES
- LAPTOP/IPAD
- MAGAZINES OR BOOK



### PAPERWORK

- BIRTH PLAN
- INSURANCE

## MOM: RECOVERY BAG



### APPAREL

- BATHROBE
- (2 SETS) COMFY CLOTHES
- (2) NURSING NIGHTGOWNS
- SOCKS
- SLIPPERS
- SHOWER SHOES
- GOING-HOME OUTFIT



### NURSING

- NURSING PADS
- (2) NURSING BRA
- NIPPLE BALM
- NURSING PILLOW
- DISPOSABLE BLACK UNDERWEAR



### ELECTRONICS

- CELL PHONE
- X-LONG PHONE CHARGER
- CAMERA
- CAMERA CHARGER
- MEMORY CARD



### OPTIONAL

- BATH TOWEL
- PADS
- BREAST PUMP

## PARTNER



- CELL PHONE & X-LONG CHARGER
- MAGAZINES OR BOOK
- LAPTOP
- PJS & CHANGES OF CLOTHES
- TOILETRIES
- COMFORTABLE SHOES
- GIFTS FOR OTHER CHILD(REN)
- PILLOW & BLANKET
- LIST OF PEOPLE TO CALL/TEXT
- SNACKS & BEVERAGES
- MONEY/CASH
- PUSH PRESENT

## BABY



- CAR SEAT (INSTALLED)
- (4) ONESIES
- BABY HAT/BOW
- (2) BABY SOCKS
- BLANKET
- (2) BURP CLOTHS
- (1) GOING-HOME OUTFIT
- BABY BOOK
- NAIL SCISSORS & FILE
- BIRTH ANNOUNCEMENT
- ACCESSORIES



### OPTIONAL

if they have a preferred brand

- DIAPERS
- WIPES
- DIAPER BALM
- PACIFIERS
- FORMULA