

## HOSPITAL BAG CHECKLIST

### For Mom

- Change of clothes & PJs (comfortable, loose-fitting for easy nursing access)
- Nursing bra if planning to breastfeed
- Support bra if not planning to breastfeed
- Breastfeeding pillow if planning to breastfeed
- Slippers and/or flip flops
- Toiletries: lip balm, face/hair products, toothbrush, toothpaste
- Hair dryer/iron
- Hairbrush, hair clips/bands barrettes
- Phone charger
- Pillow (throw blanket too, if desired)
- Glasses and/or contacts and supplies
- Photo I.D. and health insurance card
- Pediatrician's name and contact information
- Cord blood collection kit (if collecting)

### For Support Person/Partner

- Change of clothes
- Toiletries
- Pillow (throw blanket, if desired)
- Glasses and/or contacts and supplies
- Camera
- Phone charger
- Entertainment: laptop, tablet, etc.
- Snacks/drinks
- Breath mints/gum
- Medications: daily medications, pain relievers, antacids, etc.

### Comfort Tools

- Focal point objects
- Music
- Tennis ball
- Lotions
- Diffuser or essential oils, if desired
- Stroller fan or handheld fan
- Flameless candle or twinkle lights, if desired
- Eye mask, ear buds or plugs, if desired
- Affirmation cards

### For Baby

- Car seat with head support; Please know how to install, adjust, and use.
- Newborn clothing (a few is a good idea)
- Receiving blanket/swaddle
- Baby announcement sign, for personal photos, if desired
- Baby book for footprint, if desired

- Please leave your jewelry, unnecessary valuables, candles and scented sprays at home.
- This list contains only suggestions and/or recommendations. Not all items are required.