

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