

ultimate

HOSPITAL BAG CHECKLIST:

FOR MAMA:

- birthing gown
- comfortable pants (2)
- nursing shirt/tank top (2)
- nursing bras (2)
- non-slip socks (6 pair)
- loose underwear (3)
- comfy zip-up hoodie
- flip flops/slippers
- eye mask
- robe
- breast/hand pump/supplies
- nipple cream
- large water bottle
- going home outfit

FOR BABY:

- onsies (3)
- hats/mittens/socks
- swaddle blankets
- heavy blanket
- nursing pillow
- pacifiers
- sound machine
- car seat (installed)
- stroller
- going home outfit
- announcement items
(letterboard, name tag, etc)

FOR DAD:

- change of clothes (2)
- sweatshirt
- phone chargers
- laptop/tablet
- camera (or phone)
- pillow/blanket

TOILETRIES:

- lip balm (must have!)
- throat lozenges
- toothbrush
- hand sanitizer
- tums/antacid
- pain reliever
- shampoo/conditioner
- lotion
- brush
- deodorant
- makeup
- hair ties/bobby pins, etc
- dry shampoo

EXTRAS:

- folder for paperwork
- travel speaker
- essential oils
- cash for vending machines
- snacks & drinks
- treats for the nurses