



1. Slippers
2. Socks
3. Loose fitting T-shirts
4. Zip-up hoodie
5. Bathrobe
6. Pajamas
7. Hat, mitt
8. Diapers
9. Wet wip
10. Swaddle
11. Burp Cl
12. Pacifier
13. Lotion
14. Brush
15. Towel
16. In brus

# HOSPITAL BAG CHECKLIST

Essentials For Mom  
Essentials For Baby  
Important Documents

# HOSPITAL BAG CHECKLIST



## IMPORTANT DOCUMENTS FOR MOM

- ID
- MEDICAL RECORDS
- INSURANCE INFORMATION
- BIRTH PLAN (IF YOU HAVE ONE)
- HOSPITAL FORMS
- COPY OF YOUR MARRIAGE CERTIFICATE  
IF YOU ARE NOT MARRIED, BRING YOUR BIRTH CERTIFICATE



## CLOTHING FOR MOM

- ESSENTIAL
  - NURSING BRA (2) OR NURSING TANK (2)
  - UNDERWEAR (2-3 PAIRS)
  - SOCKS (2-3 PAIRS)
  - GOING HOME CLOTHES  
(YOUR FAVORITE MATERNITY YOGA PANTS AND SHIRT ARE JUST FINE BUT OTHERS PREFER SOMETHING SPECIAL!)
- OPTIONAL
  - BIRTHING GOWN PAJAMAS
  - ROBE
  - SLIPPERS / FLIP-FLOPS
  - LOUNGE WEAR



## TOILETRIES FOR MOM

- TOOTHBRUSH & TOOTHPASTE
- SKINCARE & LIP BALM
- BODY WASH
- SHAMPOO & CONDITIONER
- HAIRBRUSH & HAIR TIES
- MATERNITY PADS 2-3 PACKS
- PERINEAL COLD PACKS
- PERINEAL SPRAY
- NURSING PADS (BREAST ICE PACKS)
- NIPPLE CREAM



# HOSPITAL BAG CHECKLIST



## SNACKS FOR MOM

- |  |   |
|--|---|
| <input type="checkbox"/> SPECIAL DIETARY NEEDS     | <input type="checkbox"/> GRANOLA BARS         |
| <input type="checkbox"/> REUSABLE WATER BOTTLE     | <input type="checkbox"/> STRING CHEESE        |
| <input type="checkbox"/> MIX OF NUTS, DRIED FRUITS | <input type="checkbox"/> WHOLE GRAIN CRACKERS |
| <input type="checkbox"/> CHOCOLATE CHIPS           | <input type="checkbox"/> VEGETABLE STICKS     |
| <input type="checkbox"/> ENERGY BARS               | <input type="checkbox"/> FRUIT                |



## MEDICATIONS & VITAMINS FOR MOM

- |   |  |
|---|--|
| <input type="checkbox"/> MEDICATIONS YOU CURRENTLY TAKE | <input type="checkbox"/> CALCIUM AND VITAMIN D   |
| <input type="checkbox"/> PAIN RELIEF MEDICATION         | <input type="checkbox"/> OMEGA-3 FATTY ACIDS   |
| <input type="checkbox"/> STOOL SOFTENERS                | <input type="checkbox"/> PROBIOTICS  |
| <input type="checkbox"/> IRON SUPPLEMENTS               | <input type="checkbox"/> VITAMIN B12<br><small>IF YOU ARE A VEGETARIAN OR VEGAN.</small> |
| <input type="checkbox"/> PRENATAL VITAMINS              |  |



## OTHER ESSENTIAL FOR MOM

- PHONE & CHARGER
- HEADPHONES
- BOOK
- NURSING PILLOW
- PILLOW OR INFLATABLE RING (FOR SITTING AFTER GIVING BIRTH)



# HOSPITAL BAG CHECKLIST



## CLOTHING FOR BABY

- ONESIES / BODYSUITS 3-4
- SLEEPERS / PAJAMAS 2-3
- SOCKS OR BOOTIES 2-3 PAIRS
- MITTENS 2 PAIRS (TO PREVENT SCRATCHING)
- HATS 2-3
- GOING-HOME OUTFIT



## DIAPERING FOR BABY

- DIAPERS (NEWBORN SIZE) 10-12
- WIPES 1 PACK
- DIAPER CREAM 1 TUBE OR JAR
- RASH CREAM



## FEEDING ACCESSORIES FOR BABY

- BURP CLOTHS 3-4
- BIBS 2-3
- FORMULA-FEEDING
  - BOTTLE (4-6OZ) WITH NIPPLE
  - FORMULA
  - BOTTLE BRUSH FOR CLEANING
  - BOTTLE STERILIZER FOR SANITIZING BOTTLES AND NIPPLES



# HOSPITAL BAG CHECKLIST



## BATHING AND GROOMING FOR BABY

- BABY WASH / SHAMPOO
- BABY LOTION OR OIL
- BABY NAIL CLIPPERS OR FILE
- BABY BRUSH OR COMB



## OTHER ESSENTIAL FOR BABY

- RECEIVING BLANKET
- SWADDLE BLANKET
- PACIFIERS 2-3 (IF YOU PLAN TO USE THEM)
- BLANKET
- CAR SEAT WITH NEWBORN INSERT

