

Hospital Bag Checklist

For Mom::

- ☐ Bath robe/PJs
- ☐ Slippers or Socks
- ☐ Nursing Bras or Tank Tops
- ☐ Nursing Pads
- ☐ Underwear
- ☐ Toiletries
 - ☐ Shower Essentials
 - ☐ Chapstick
 - ☐ Toothbrush/toothpaste
 - ☐ Contacts/Glasses
 - ☐ Makeup
 - ☐ Hair Ties
 - ☐ Deodorant
- ☐ Pillow
- ☐ Loose-fitting clothes to wear home

Important::

- ☐ ID & Insurance Information
- ☐ Pediatrician Information
- ☐ Birth Plan
- ☐ _____

For Dad::

- ☐ Change of clothes
- ☐ Pillow
- ☐ Phone and Charger
- ☐ Toiletries
- ☐ Snacks

For Baby::

- ☐ Infant Car Seat (Installed)
- ☐ Change of Clothes
- ☐ Receiving Blanket
- ☐ Nursing Pillow
- ☐ Going Home Outfit

Miscellaneous::

- ☐ Gift or Note for the Nurses
- ☐ Big Sister/Big Brother Gift
- ☐ Entertainment:Book/Magazines/
Tablet
- ☐ _____
- ☐ _____
- ☐ _____