

HOSPITAL BAG

checklist

mama

- _ 2 robes with nursing dresses
- _ comfortable panties
- _ nursing bras
- _ going home outfit
- _ shoes (flats/flip flops)
- _ nursing cover
- _ sweater
- _ extra long phone charger
- _ camera
- _ entertainment (lap top/ ipad)
- _ personal info + insurance info
- _ boppy
- _ water bottle
- _ toiletries
 - _ mom washer
 - _ shower supplies
 - _ razor
 - _ hair ties
 - _ motrin
 - _ nipple cream
 - _ nursing pads
 - _ thick PADS
 - _ makeup
 - _ contacts/glasses

daddy

- _ small toiletry essentials
- _ mini bottles
- _ blanket /pillow
- _ change of clothes or two
- _ underwear and socks
- _ phone charger
- _ cash/ change for vending machine
- _ phone numbers

baby

- _ 2 outfits + 2 onesies
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- _ 2 swaddle blankets
- _ bows/hats/ bonnets
- _ mittens
- _ burp cloths
- _ announcement props
(letter board or name banner)
- _ 5-6 newborn diapers
- _ pack of travel wipes
- _ diaper cream
- _ baby book
- _ socks
- _ nail file/clippers

before

- _ house cleaned
- _ prep freezer meals
- _ nails/ hair done
- _ sanitize breast pump
- _ prep after birth essentials
in bathrooms
- _ wash sheets and make bed
- _ wash babys clothing and
blankets

extras

- _ champagne
 - _ thank you notes
 - _ family gifts
 - _ sibling gifts
 - _ birth plan
planner
 - _ pen
 - _ snacks
 - _ hand sanitizer
 - _ essential oils
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