



Hospital Bag Checklist



FOR MOM:

- ID and Insurance Card
- Sound Machine
- Pillow and Blanket
- Comfortable Pajamas
- 2-3 Nursing Bras
- Outfit to wear home- loose fitting and comfortable
- Open Slide-On shoes
- Snacks, Coconut Water or Electrolyte enriched beverage mix
- Bath Robe or Cardigan
- Frida Peri Bottle- IYKYK
- Stroller Fan for labor
- Long Charging Cords
- Glasses or Contacts, if applicable
- Toiletries (Hair brush, Hair bands/Claw clips/headband, Deodorant, toothbrush and toothpaste, make up removal wipes, lotion, lip balm)

FOR DAD & BABY:

- ID and Insurance Card
- Pillow and blanket
- Change of clothes
- Charging Cord
- Snacks & Gum
- Carseat
- Going Home Outfit for baby
- Announcement board/accessories
- Toiletries for Dad

EXTRAS:

-
-
-
-

