

Hospital Bag Checklist

FOR BABY

- SWADDLE BLANKETS
- HATS, MITTENS, SOCKS, BOWS
- NEWBORN OUTFITS
- 0-3 MONTH OUTFITS
- GOING HOME OUTFIT
- DIAPER BAG
- PACIFIERS/BOTTLES
- NURSING PILLOW
- CAR SEAT AND COVER
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FOR DAD

- SHAMPOO / BODY WASH
- TOOTHBRUSH / TOOTHPASTE
- DEODORANT / OTHER TOILETRIES
- 2-3 OUTFITS
- PAJAMAS
- SLIPPERS/SANDALS
- SHOWER SHOES
- PILLOW/BLANKET
- LONG PHONE CHARGER
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FOR MOM

- ID / INSURANCE INFORMATION
- BIRTH PLAN
- LOOSE FITTING ROBE
- COMFORTABLE PAJAMAS
- SLIPPERS / NON-SLIP SOCKS
- LIP BALM
- HAIR TIES
- SNACKS AND DRINKS
- BIRTHING COMB
- SOUND MACHINE
- ESSENTIAL OILS
- FAN
- NURSING BRA / BREAST PADS
- POSTPARTUM UNDERWEAR
- GOING HOME OUTFIT
- TOOTHBRUSH / TOOTHPASTE
- HAIR BRUSH/HAIR CARE PRODUCTS
- BASIC MAKEUP AND TOILETRIES
- PHONE / LONG CHARGER
- TABLET/ENTERTAINMENT
- REUSABLE WATER BOTTLE
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