



## HOSPITAL BAG CHECK LIST

## CLOTHING

- Nursing tank top and/or nursing bra
- Robe
- Large, dark-colored underwear
- Pajamas
- Flip flops
- Comfy socks and slippers
- Going home outfit for mom

## OTHER IMPORTANT ITEMS

- Pillows from home
- Nursing pillow
- Snacks
- Water bottle

## PAPERWORK

- ID Proof
- Insurance information
- Registration forms

### Pro Tip:

if you're planning to breastfeed, button down clothes can make feeding easier.

Pack comfortable maternity clothes like high-rise pants, a flowy dress, or a comfortable top.

## TOILETRIES

- Toiletries - same as you would pack to go on a trip
- Extra contacts, contact case, and contact solution
- Ponytail holder or headband
- Hairbrush
- Travel-sized hand sanitizer for next to your bed
- Lip balm
- Adult Diaper
- Shower essentials
- Glasses

## ELECTRONICS

- Phone charger (Pro Tip: Pack one with an extra-long cord in case there isn't an outlet right near your bedside)
- Camera, memory card, and batteries
- Portable speaker
- Computer or Tablet

Pro Tip:

Remember, inductions can take a long time, so you may want to bring items to help pass the time

## FOR PARTNER

- Sweater or jacket
- Pajamas
- Toiletries - same as you would pack to go on a trip
- Books, magazines, or tablet
- Phone charger
- Water bottle

## OTHER ITEMS

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## FOR BABY

- Going home outfit
- Blanket or swaddle
- Hat
- Burp cloths
- Car seat
- Change of clothes

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### Pro Tip:

Babies shouldn't wear coats in their car seats. A blanket or swaddle placed over them in the car seat can help keep their bodies warm when heading home.

For more info, reach out to [www.thefirstparents.com](http://www.thefirstparents.com)

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