

# HOSPITAL BAG CHECKLIST

## Delivery Room Bag

- Birth plan
- Identification and Insurance card
- Essential items needed for labor
  - music     essential oils     pillow
  - birth ball     heat pack
- Water /drinks in a cup with a straw
- Slippers or flip-flops

### OTHERS

- cellphone and charger     \_\_\_\_\_
- camera     hair tie     \_\_\_\_\_
- lip balm     \_\_\_\_\_

## Mommy's Bag

- comfortable clothing
- cardigan
- socks, flip flops
- underwear
- nursing bra
- nursing pillow
- PJ's (front opening if nursing)
- going-home outfit
- snacks
- toiletries
  - toothbrush
  - toothpaste
  - shampoo and conditioner
  - face wash
  - body wash
  - hair brush
  - deodorant
  - hand sanitizer
  - lotion
  - tissues
  - maternity pad
  - make up
  - \_\_\_\_\_
  - \_\_\_\_\_



## Baby's Bag

- diapers
- wet wipes
- diaper cream
- baby blanket
- bottles
- burp cloths
- car seat
- sleep wear
- \_\_\_\_\_
- receiving blanket
- baby towel
- baby bath
- swaddle
- hat, socks and mittens
- going-home outfit
- onesies
- \_\_\_\_\_
- \_\_\_\_\_

