

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
- _____
- _____

