



# HOSPITAL BAG CHECKLIST



## BE FULLY PREPARED

What to pack for labor, delivery and recovery.



### FOR MOM (Labor)

#### Paperwork

- Birth plan
- Insurance
- Folder to hold hospital forms

#### Apparel

- Labor outfit
- Socks
- Flip flops

#### To Keep you Relaxed & Comfortable

- Music
- Book or magazines
- Massage lotion

#### Comforts of Home

- Pillow / blanket
- Clear beverages
- Laptop / iPad

#### Cosmetic

- Toiletries
- Toothbrush / toothpaste
- Brush
- Hair ties / headbands
- Lotion
- Lip balm
- Makeup
- Eyeglasses / contacts / contact solution & holder



### FOR MOM (Recovery)

#### Apparel

- Robe
- Comfy, stretchy pants
- Socks
- Flip flops
- Pajamas
- Going home outfit

#### Nursing

- Nursing bras, tanks or cover
- Nursing pads
- Nipple cream
- Nursing pillow

#### Electronics

- Cell phone / charger

#### Other

- Bath towel



### FOR YOUR SUPPORT PARTNER

- Change of clothes
- Comfortable shoes / flip flops
- Pajamas
- Books / entertainment
- Camera / charger / extra batteries
- Memory card
- Pillow
- Toiletries
- Snacks & beverages
- Ibuprofen
- List of people to call



### FOR BABY

- Car seat
- Going home outfit
- Newborn cap, mittens, socks
- Baby blanket
- Baby book