## HOSPITAL BAG CHECKLIST

**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

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**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

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**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

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**FOR BABY**

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

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**BE FULLY PREPARED**

What to pack for labor, delivery and recovery.

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**PALOMAR HEALTH Birth Center**