

HOSPITAL BAG

Checklist

MOMS CLOTHES

- Loose Night Gown
- Comfy leggings/sweatpants
- 2-3 Easy to nurse in tops
- Nursing bras/ underwear
- Cozy socks (preferably non-skid)
- Going home outfit
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FOR BABY

- Going home outfits (2 sizes)
- Large Swaddle blanket
- Socks
- Burp cloths
- Pacifier
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PERSONAL HYGIENE

- Toothbrushes
- Toothpaste
- Shampoo/Conditioner
- Moisturizer
- Deodorant
- Hair Brush
- Headband/Ponytails
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FOR DAD

- 2-3 Comfy Shirts
- 2 pairs pants
- Pajama Pants/shorts
- Underwear
- Socks
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PAPERWORK

- ID/Drivers Licence
- Hospital Registration Papers
- Birth Plan
- Insurance Card
- Emergency Contact List
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BIRTHING

- Birthing Ball
- Heating Pad
- Birth Affirmations
- Massage Oil
- Essential Oils for Birthing

BREASTFEEDING SUPPLIES

- Healthy Snacks
- Phone Chargers
- Extra Camera (& Batteries)