

COMPLETE HOSPITAL BAG CHECKLIST

FOR YOU

ADMINISTRATIVE

- ID/WALLET
- INSURANCE CARD
- MEDICAL PAPERWORK
- BIRTH PLAN

CLOTHES

- COMFORTABLE UNDERWEAR
- LEGGINGS OR OTHER LOOSE FITTING PANTS
(MATERNITY CLOTHES WORK GREAT)
- GOING HOME OUTFIT
- PAJAMAS AND ROBE
- NURSING BRAS OR TANKS
- NO-SLIP SOCKS/SLIPPERS
- SLIP-ON SHOES

TOILETRIES

- HAIRBRUSH AND HAIR TIES
- TOOTHBRUSH AND TOOTHPASTE
- DEODORANT
- FACE WASH/WIPES
- SHAMPOO AND CONDITIONER
- MAKEUP (IF YOU PLAN TO USE IT)

MISCELLANEOUS

- CELL PHONE AND CHARGER
- SNACKS AND VENDING MACHINE MONEY
- CONTACTS
- COMFORTABLE PILLOW
- BABY BOOK OR JOURNAL
- REUSABLE WATER BOTTLE
- BATH TOWEL
- NIPPLE BALM
- PORTABLE BLUETOOTH SPEAKER (IF YOU PLAN TO LISTEN TO MUSIC DURING LABOR)
- SUGAR-FREE GUM/HARD CANDY/GATORADE
(TO USE DURING LABOR)
- CAMERA

FOR A PLANNED C-SECTION

- GLASSES (CONTACTS MUST BE REMOVED DURING SURGERY)
- NURSING PILLOW (TO KEEP BABY OFF OF YOUR INCISION)
- BELLY BAND OR PILLOW FOR SUPPORT

COMPLETE HOSPITAL BAG CHECKLIST

FOR YOUR NEW BABY

- CAR SEAT
- ONE OR TWO OUTFITS
- GOING HOME OUTFIT
- BOTTLES (IF USING)
- PEDIATRICIAN INFORMATION
- PACIFIERS (IF USING) *
- BABY BLANKET*

*HOSPITAL MAY PROVIDE

FOR YOUR SUPPORT PERSON

ADMINISTRATIVE

- ID/WALLET
- INSURANCE CARD

CLOTHES

- PAJAMAS
- CHANGE OF CLOTHES

TOILETRIES

- TOOTHBRUSH AND TOOTHPASTE
- DEODORANT
- OTHER NECESSARY TOILETRIES

MISCELLANEOUS

- SNACKS
- REUSABLE WATER BOTTLE
- CAMERA
- LAPTOP OR TABLET
- CELL PHONE AND CHARGER