

hospital bag checklist

For Mom

- Phone/Camera
- Phone Charger
- Change of Clothes
- PJ's or Comfortable Clothes
- Slippers or Flip Flops
- Toothbrush and Toothpaste
- Personal Hygiene Items (Brush, Deodorant, Lotion, Shampoo, Conditioner, etc.)
- Hair Tie
- Nursing Bra
- Nipple Cream
- Nursing Friendly Top/Robe
- Pillow
- Snacks
- Insurance Card
- ID
- Prenatal Records (From MyOBGYN)
- Tubal Consent Form (if Applicable)

For Baby

- Going-Home Outfit
- Socks/Mittens
- Car Seat
- Blanket
- Pediatrician Contact Info

*Do not bring
diapers or wipes!*

The hospital will provide those.

