

HOSPITAL BAG CHECKLIST

SHOWER

- ★ Shampoo
- ★ Conditioner
- ★ Face wash
- ★ Body wash
- ☆ Razor
- ☆ Towel

Bring enough for your partner to share.

TOILETRIES

- ★ Toothbrush
- ★ Toothpaste
- ☆ Face lotion
- ☆ Face wipes
- ★ Hair brush
- ☆ Contact lenses
- ☆ Contact case
- ☆ Contact solution
- ★ Hair ties
- ☆ Leave-in hair product
- ☆ Dry shampoo
- ✗ Medication

CLOTHING

- ★ 1 or 2 night gowns
- ★ Robe or sweatshirt
- ★ Pants to wear home
- ★ Shirt to wear home

UNDER GARMENTS

- ★ Nursing bra
- ✗ Underwear
- ★ Socks

SHOES

- ☆ Slippers
- ★ Flip flops

MISC

- ★ Wallet with ID & insurance card
- ☆ Headphones
- ★ 10ft phone charger
- ☆ Portable battery
- ☆ Glasses
- ☆ Makeup
- ★ Empty bag to take hospital supplies home
- ★ Lots of snacks
- ★ Birth plan
- ★ Chap stick
- ☆ Depends
- ☆ Pillow

FOR BABY

- ★ Zip or velcro swaddle
- ★ NB romper
- ★ 0-3M romper
- ★ Pacifiers

FOR DAD

- ★ Wallet with ID
- ☆ Cash for vending machines
- ★ Comfortable shirt
- ★ Comfortable pants
- ★ Underwear
- ★ Flip flops
- ☆ Slippers
- ☆ Pillow
- ☆ Medications
- ★ Toothbrush
- ☆ Contact lenses
- ☆ Glasses
- ★ Phone charger

LEAVE IN CAR

- ★ Make sure car seat is installed
- ★ Receiving blankets to roll up in car seat
- ★ Woman in labor sign
- ☆ Diapers & wipes
- ☆ Burp cloths
- ☆ Baby blanket

KEY

- ★ MUST-HAVE
- ☆ IF IT'S YOUR THING
- ✗ PROBABLY NOT NEEDED

