

Hospital Bag Checklist

Momma

- Sweatpants/ pajamas
- Tank top or tee shirt
- Shorts
- Socks or slippers*
- Sweater or jacket that opens in front
- Going home outfit (comfortable & loose)
- Disposable pads*
- Old underwear or disposable underwear *
- Flip flops for shower
- Nursing Essentials
 - Nursing tank top (1-2)
 - Nursing bra (1-2)
 - Nipple cream*
 - Nursing pads*
- Headband & hair ties
- Shoes you wore to hospital

Baby

- Going home outfit
- Swaddle or receiving blanket*
- Socks
- 1-2 sleepers*
- Pacifier

Daddy

- Sweatpants
- Jeans
- Tee shirts (2-3)
- Sweatshirt
- Underwear (2-3)
- Socks or slippers
- Flip flops for shower

Everybody

- Phone & chargers
- Toiletries bag
 - Toothbrush & toothpaste
 - Face & body wash
 - Shampoo & conditioner
 - Deodorant
- Chapstick
- Lotion
- Snacks
- Entertainment (books, DVDs, laptop, etc.)

Leave in Car

- Car Seat & cover
- Breast pump*
- Diaper bag
- Camera

*Many hospitals provide these items. You may not need to bring.