

# Hospital Bag Checklist

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## For Mom, Dad, & Baby

### MOM

- Blankets
- Pillows
- Rubber Spiral Hair Ties
- Head Bands
- Dry Shampoo
- Chapstick
- Lotion
- Nursing Bras (2-3)
- Nipple Cream
- Nursing Pads
- Depends Underwear (6-7)
- Shower Cap
- Bath Towel
- Make Up Removal Wipes
- Small Make Up bag (only the necessities)
- Phone Charger
- Camera
- Dermoplast Pain Relieving Spray
- Toothbrush
- Travel Size Body Wash or Soap
- Slip-On Shoes
- Button Up or Baggy T-Shirts (1-2)
- Loose Fitting Pajama bottoms or Sweats (1-2)
- Going Home Outfit

### DAD

- Outfits (1-2)
- Pajamas/Sleepwear (1-2)
- Queen Size Fitted Sheet (For Pull-Out Bed or Couch)
- Blankets
- Pillows
- Headphones
- Laptop
- Movies

- Phone Charger
- Any Necessary Toiletries (toothbrush, toothpaste, contact solution, etc.)
- Favorite Snacks

## **Baby**

- Onesies (2 Newborn/2 Size 0-3)
- Sleepers/Pajama Suits (2 Newborn/2 Size 0-3)
- Going Home/Picture Outfit
- Swaddles (1-2)
- Burp Cloths (2-3)
- Pacifiers (1-2)
- Socks (4-6 pairs)
- Car Seat