

HOSPITAL BAG CHECKLIST

THINGS FOR MOM

- ❖ Comfortable clothes
- ❖ Pajamas
- ❖ Robe
- ❖ Flip flops/slippers
- ❖ Socks
- ❖ Underwear
- ❖ Nursing bras/ tanks
- ❖ Glasses/ contacts
- ❖ Toothbrush/toothpaste
- ❖ Brush
- ❖ Shampoo/conditioner/soap
- ❖ Deodorant
- ❖ Lip Chap
- ❖ Hair elastics
- ❖ Pads/ disposable underwear
- ❖ Nipple cream
- ❖ Breast pads
- ❖ Hand sanitizer



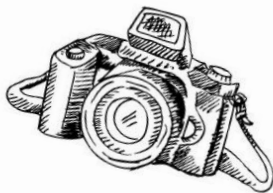
THINGS FOR BABY

- ❖ Diapers
- ❖ Wipes
- ❖ Sleepers
- ❖ Hats
- ❖ Scratch mittens
- ❖ Going home outfit
- ❖ Blankets/ swaddles
- ❖ Burp cloths
- ❖ Car seat



OTHER

- ❖ Health Card
- ❖ Insurance Benefits Information
- ❖ Phone and charger
- ❖ Camera
- ❖ Snacks and drinks
- ❖ Prescription medications
- ❖ Pen
- ❖ Money for parking/food



THINGS FOR DAD

- ❖ Change of clothes
- ❖ Pajamas
- ❖ Toiletries (deodorant, toothbrush, toothpaste)



OPTIONAL

- ❖ Pillow
- ❖ Nursing Pillow
- ❖ Breast Pump
- ❖ Labour support items (heating pad, massage oil, music, etc.)
- ❖ Pacifiers

