

BABY MAMA'S HOSPITAL BAG CHECKLIST



by popcorn and pandas

For You:

- Photo ID + Insurance Card (Wallet)
- Non-skid socks + slippers
- Flip Flops
- Hair Ties/Head Bands/Brush/Etc.
- Chapstick
- Robe
- Pillow
- Nursing Bras / Sports Bras
- Comfy Pants to Lounge/Sleep
- Comfy Tops
- Nightgown or Pajamas
- Disposable Undies
- Nipple Cream
- Breastpads
- Herbal Perineal Spray
- Water Bottle
- Cell Phone + Charger
- Extension Cord or Portable Charger
- Camera (charged in advance!)
- Laptop/Book/Magazine/Movie
- Towel
- Toiletries
- Make Up
- Going Home Outfit

For Baby:

- Going Home Outfit for Baby
- Baby Hat
- Baby Onesies
- Swaddle
- Nursing Pillow
- Burp Cloth
- Car Seat
- Baby Book

For Partner:

- Pillow
- Blanket
- Toiletries
- Snacks (for both of you if possible!)
- Cell Phone + Charger
- Entertainment
- Gifts for older children
- Cards or gifts for nurses

Notes or Additional Items:

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