



## HOSPITAL BAG CHECKLIST

### Must Haves: Mommy

- Maternity Pads
- Slippers/Socks
- Toiletries: Shampoo, Conditioner, Body Wash, Toothbrush, Tooth Paste, Deodorant
- Hair Ties
- Lip Balm
- Breast Pads
- Birth "Plan" / Notes
- Outfit for Labor
- Going Home Outfit / Extra Clothing
- Nightie Suitable for Breastfeeding
- Breastfeeding Bra
- Plastic Bag
- Small Spray Bottle
- Snacks and Drinks
- Disposable / Comfortable Underwear
- Cell Phone
- Camera
- Chargers

### Things You Might Want: Mommy

- Makeup
- TENS Machine
- Hairbrush
- Bathing Suit
- Homeopathy Kit
- Mirror
- Flip Flops (for your shower)
- Belly Binder
- Towel
- Extra Bag
- Ipod with Headphones or Music CD
- Extra Clothing
- Birthing Ball and Pump
- Breast Pump
- Hair Dryer
- Pillow



- Hot Water Bottle
- Massage Oil

**Must Haves: Birth Partner**

- Camera & Charger
- Memory Stick
- Cell Phone & Charger
- Snacks and Drinks for You
- Lose Change
- Bathing Suit
- Extra Clothing
- Deodorant
- Toothbrush & Paste

**Things You Might Want: Birth Partner**

- Book or Something to Read
- Phone Numbers of Family/Friends
- Pen and Paper

**Must Haves: Baby**

- Bottles and Formula (if planning to formula feed)
- Diapers
- Going Home Outfit
- Cotton Wool / Pads
- Blanket
- Burp Cloth
- Baby Hat
- Two Sleepsuits with feet
- Socks or Booties
- Car Seat

**Things You Might Want: Baby**

- Extra Outfits
- Toy (Photo Prop)
- Mittens
- Jacket