

HOSPITAL BAG CHECKLIST

PERSON GIVING BIRTH

- TRASH BAG (FOR THE CAR)
- PILLOW (NON-WHITE CASE)
- SLIDES OR CROCS
- SOCKS
- SPORTS OR NURSING BRA
- PJS + ROBE
- UNDERWEAR
- MAXI PADS
- TOWEL
- GOING HOME OUTFIT

TOILETRIES

- TOOTHBRUSH + TOOTHPASTE
- SHAMPOO
- DEODORANT
- BRUSH
- CONTACT LENS + GLASSES
- CHAPSTICK
- HAIRBAND OR HAIR TIE
- HAND SANITIZER

WHILE YOU WAIT

- GUM + SNACKS
- GATORADE + WATER BOTTLE
- MAGAZINES + DECK OF CARDS

BABY

- CAR SEAT
- GOING HOME OUTFIT + HAT
- DIAPERS + WIPES
- RECEIVING BLANKET
- SOOTHER + SCRATCH MITTENS

CO-PILOT

- TOILETRIES + CLOTHES
- PILLOW + SLEEPING BAG
- VENDING MACHINE CASH

ADMIN

- LONG PHONE CHARGER
- I.D., INSURANCE + PEN
- BIRTH PREFERENCE PLAN
- LIST OF WHO TO CALL

EXTRAS

- NIPPLE CREAM
- NURSING PADS + PILLOW
- MAKEUP
- WHITE NOISE MACHINE OR APP
- BIG SISTER/BROTHER GIFT
- GIFT OR NOTE FOR THE NURSES
- CAMERA + BABY BOOK
- BIRTH PREFERENCE PLAN