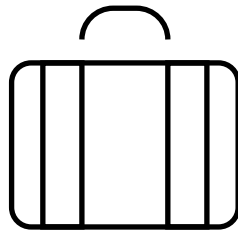


# HOSPITAL BAG



## CHECKLIST



### MOM

- Trash bag (for the car only)
- Pillow (non-white case)
- Flip flops or crocs
- Socks
- Sports bra or nursing bra
- PJs
- Robe
- Underwear
- Maxi Pads
- Nursing pads
- Towel
- Going home outfit



### TOILETRIES

- Toothbrush and toothpaste
- Shampoo
- Deodorant
- Brush
- Contact lens solution & case
- Glasses
- Chapstick
- Hairband or hair tie
- Hand sanitizer
- Lanolin or nipple cream
- Makeup



### WHILE YOU WAIT

- Gum
- Gatorade
- Snacks
- Magazines



### BABY

- Diapers
- Wipes
- Soothers
- Scratch mittens
- Hat
- Receiving blanket
- Baby book
- Nursing pillow
- Car seat
- Going home outfit



### CO-PILOT

- Toothbrush
- Deodorant
- Underwear
- Pillow
- List of who to call
- Blanket or Sleeping Bag
- Cash for vending machines



### ADMIN

- Cell phone and charger
- I.D. and Insurance
- Pen
- Birth Plan
- Camera



### EXTRAS

- Deck of cards
- White noise machine
- Big sister/brother gift
- Gift or note for the nurses