

# The *Ultimate* Hospital Bag Checklist

## For Mom:

- Photo ID/Insurance
- Hospital Paperwork
- Birth Plan
- Emergency Contacts
- Maternity Clothes
- Nightgown or pajamas
- Robe and slippers
- Socks/Underwear
- Nursing Bras
- Toothbrush/paste
- Deodorant
- Face wash/moisturizer
- Lip balm
- Glasses/contact lenses
- Maternity Pads
- Pillows
- Own Towel
- Snacks and drinks

- Ear plugs, eye masks
- Massage oil/lotion
- Heating pad
- Books, magazines
- Phone and charger

## For Baby:

- Newborn clothes
- Socks, hat, blanket
- Diapers, baby wipes
- Car Seat

## For Partner/Support:

- Clothing
- Snacks and Drinks
- Entertainment
- Phone and Charger
- Pillow and Blanket

## Reminders & Notes

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