

BIRTHING HOSPITAL BAG CHECKLIST

ESSENTIALS TO PACK FOR MOM:

- Birthing gown
- Nursing bra
- Panties
- Sleepwear
- Robe
- Nursing Cami
- Leggings or yoga pants
- Go home outfit
- Medical records
- Health insurance information
- Birthing plan
- Slippers or flip flops
- Headband or hair elastics
- Toiletries and makeup
- Lip balm
- Glasses
- Medications
- Maxi pads
- Cellphone and charger
- Magazines and books

NOTES:

ESSENTIALS FOR YOUR OTHER HALF:

- Change of clothes
- Cellphone and charger
- Camera
- Music, magazines and books
- Snacks and drinks
- Change for the parking meter
and vending machines
- List of people to call
- Toiletries

ESSENTIALS TO PACK FOR BABY:

- Diaper bag
- Diapers
- Wipes
- Diaper cream
- 2 or 3 one piece outfits
- Going home outfit
- Hat
- Scratch mitts and booties
- Swaddling blankets
- Burping clothes
- Infant wash clothes
- Bottle and formula if needed
- Infant car seat