

Hospital Bag Checklist

MAMA

- ☐ Your hospital paperwork (ID & Insurance)
- ☐ A copy of your birth plan
- ☐ Any items needed for your birth plan
- ☐ Loose and comfortable clothing
- ☐ Footwear (flip-flops)
- ☐ Toiletries
- ☐ Entertainment (books, movies)
- ☐ Snacks and plenty of fluids.
- ☐ Any perscription medications
- ☐ Old towel in the car
- ☐ Comfortable clothing
- ☐ Underwear and Disposable underpants.
- ☐ Maternity Pads
- ☐ Nursing Pads
- ☐ Eye mask
- ☐ Nursing Bras
- ☐ Daily essentials (Glasses, contacts, etc)
- ☐ Snacks
- ☐ Your own pillow
- ☐ Cash and card

BABY

- ☐ Baby Clothes
- ☐ A hat, socks and booties
- ☐ Going home outfit and blanket
- ☐ Newborn diaper bag
- ☐ Car Seat

PARTNER

- ☐ A copy of the birth plan
- ☐ Snacks and drinks
- ☐ Cash
- ☐ Entertainment
- ☐ A change of clothing
- ☐ Swimwear for water birth
- ☐ Camera
- ☐ Phone
- ☐ Toiletries
- ☐ Medication, glasses, etc