

HOSPITAL bag checklist (for mom)

Clothing

- Nightgown & robe
- Sandals/Slippers
- 1 Nursing top (if breastfeeding)
- 1 pair maternity pants
- Going home outfit for mom

Bathroom Essentials

- Shampoo/conditioner
- Body Wash
- Toothbrush & Toothpaste
- Contact Solution (if needed)
- Deodorant
- Hair Brush & Hair Ties/Bobby Pins
- Makeup & Lip Balm

Other Essentials

- Phone Charger Health Insurance Cards
- Nursing Pillow
- Birth Plan

HOSPITAL bag checklist (for dad)

Clothing

- 2 shirts, 2 pants, 2 underwear (3 if c-section)
- 2 pairs socks (3 if c-section)
- athletic shorts or pajama pants

Bathroom Essentials

- Shampoo/conditioner
- Body Wash
- Toothbrush & Toothpaste
- Contact Solution (if needed)
- Deodorant
- Comb/Hairbrush
- razors & shaving cream

Other Essentials

- Phone Charger
- Camera
- Snacks & money for vending machine

HOSPITAL bag checklist (for baby)

Clothing

- going home outfit for baby
- baby mittens
- baby socks

Other Essentials

- Carseat with base installed
- Diaper bag (with 5 diapers and 1 package of wipes)
- Swaddle Blanket

Typically the hospital will have diapers and wipes for baby as well as swaddling blankets. I just prefer the muslin swaddle blankets.