

HOSPITAL BAG CHECKLIST



FOR MOM

Slip on shoes to go home in
Snacks for after labour
Glasses/Contacts if needed
Book + magazine
Cozy socks
Towel for shower
Socks
Lip balm
Hairbrush
Toothbrush and toothpaste
Face Moisturizer
Tinted moisturizer and concealer
Body lotion
Face mist
Deodorant
Body wipes
Nipple cream
Scrunchie
Foundation
Night gown
Maternity pads
Underwear
Nursing bra
Nursing Pads
Clothes for leaving hospital
Adult diapers
Swell water bottle
Eye mask and ear plugs

FOR BABY

Swaddle
Outfit for going home
Socks and booties
Car seat
Diapers

FOR LABOUR

Birth plan
Insurance Card
ID - Drivers License, Passport etc.
Travel pillow
Heating pad
Cozy blanket
Phone + Extra long phone charger
Massage ball
Flip flops
Slippers
Robe
Small comb
Headphones
Extra battery pack for phone/iPad
Fan
WiFi speaker
iPad with movies on it
DL spotify lists/songs
Camera
Led candle
Scarf
Water bottle with straw
Bikini
Gum/Mints
Juice Boxes

FOR PARTNER

Extra set of clothes
Snacks
Toiletries
Extra pillow/blanket