

HOSPITAL BAG CHECKLIST

what you really need

for mama

- NURSING BRA
- NURSING TANK
- SLEEP DRESS
- POSTPARTUM UNDERWEAR
- ROBE
- SLIPPERS
- SOCKS
- FLIP FLOPS
- GOING HOME OUTFIT
- NURSING PILLOW
- NURSING SHIELD
- NURSING PADS
- NIPPLE CREAM
- GEL SILICONE SOOTHING NIPPLE
- ALWAYS DISCREET DEPENDS
- ANTACID/REFLUX MEDS
- STOOL SOFTENER
- TUCK PADS
- DERMOPLAST
- PADSICKLE
- PERI BOTTLE
- PHOTO ID
- INSURANCE CARD
- HOSPITAL PAPERWORK
- TOILETRIES
- MAKEUP
- BATH TOWEL
- BED PILLOW

for daddy

- TOILETRY BAG
- CHANGE OF CLOTHES
- ENTERTAINMENT
- BLANKET
- PILLOW

for baby

- ONESIES
- BOOTIES
- BEANIE
- FOOT PJS/ZIP UP ONESIE
- MITTENS
- GOING HOME OUTFIT
- PACIFIER
- BLANKET
- BURP CLOTH
- SWADDLE
- DIAPER RASH CREAM
- HAIRBRUSH KIT

other essentials

- CAR SEAT INSTALLED
- EXTRA LONG PHONE CHARGER
- POLAROID CAMERA
- SPEAKER
- XL ZIPLOC BAGS
- OILS
- SCRIPTURE CARDS
- SNACKS