

# Hospital Bag Checklist

## FOR MAMA-CLOTHING

- Robe
- Pajamas
- Socks
- Flip Flops
- Nursing Tank x 2
- Nursing Bra
- Leggings
- Going Home Outfit

## FOR MAMA-TOILETRIES

- Dry Shampoo
- Toothpaste
- Toothbrush
- Floss
- Mouthwash
- Chapstick
- Makeup
- Deodorant
- Hair Brush/Hair Ties
- Nipple Cream
- Nursing Pads
- Hand Cream
- Face Wash
- Moisturizer
- Glasses/Contacts/Solution

## FOR BABY

- 3 Long-Sleeve Onesies
- 2 Beanies/Bows
- 3 Swaddles
- Pacifier
- Going Home Outfit
- Infant Car Seat

## FOR DAD

- Change of clothes
- Pajamas
- Socks
- Deodorant
- Toothbrush
- Toothpaste
- Mouth Wash
- Floss

## MISCELLANEOUS

- Your Own Pillow
- Camera
- Phone Charger
- White Noise
- Snacks