

HOSPITAL BAG

Checklist Essentials

for Mom

- Hospital paper work
- Insurance cards/ID
- Clothes & robe
- Shampoo/conditioner
- Toothbrush/paste
- Deodorant
- Hair dryer/brush
- Makeup
- Flip flops/slippers
- Birth plan/pictures
- Water bottle
- Nursing bra & pads
- Camera/charger

for Baby

- Take-me-home outfit
- Car seat
- Emery boards
- Swaddle blanket
- Bulb syringe
- Baby mittens
- Baby hat
- Baby socks
- Burp clothes
- Pacifier
- Nursing pillow
- Photo accessories
- Diaper bag