

Hospital Bag CHECKLIST



★ Mama's Hospital Bag:

Clothing

- Nursing bras
- Slippers***
- Fuzzy socks***
- Going home outfit
- Underwear
- Flip-flops***
- Nursing tanks
- Robe***
- Belly binder
- Laundry bag

Comfort and Ambience

- Speaker***
- Oil-diffuser***
- Towel***
- Pillow***
- Blanket***
- Sleep mask***

Toiletries

- Toothbrush and toothpaste
- Shampoo and conditioner
- Body wash or soap
- Face and body lotion
- Contact solution and lens case
- Glasses and glasses case
- Deodorant
- Face wash
- Face wipes***
- Razor
- Headband***
- Dry shampoo
- Brush
- Hair ties***
- Light makeup
- Maxi-pads

Nursing

- Nursing pads
- Lanolin cream
- Nipple gel pads
- Nursing pillow

Don't Forget!

- Notebook and pen***
- Paperwork folder***
- Wallet
- Phone and charger***
- Tablet and charger***
- Vitamins and medicine***

*** indicates L&D

