

Hospital Bag Checklist

Labor Bag

- Hair ties
- Headband
- Bobby pins
- Socks
- Chapstick
- Tissues
- Slippers
- Robe

Snack Bag

- Food
- Coffee Packets
- Water Bottles/
Straws
- Gum
- Suckers
- Coins for Snack

Daddy Bag

- Full outfit for
change
- Sleep Clothes
- Extra Socks
- Sweats
- bedding
- Toiletries
- Toothbrush
- Shampoo
- Soap
- Deodorant
- Facewash
- Cologne

Tech Bag

- Cell phones with
Chargers
- Tablet with
Charger
- Camera with Card
- Laptop w/Charger

Recovery Bag

- Flip Flops
- Nursing bras
- Nursing Tanks
- Leggings
- Underwear
- Pajamas (x3)
- Yoga Pants
- Zip hoodie
- Socks
- Going Home
outfit
- Sweater

Toiletries

- Toothbrush
- Shampoo
- Soap
- Body Wash
- Facewash/ Wipes
- Razor
- Lotion
- Nail Clippers
- Hair Brush
- Jewelry case
- Make up bag
- Hair Dryer/
Straightener
- Body Puff
- Wet Wipes
- Face Moisturizer
- Giant Maxi's
- Towels (2)

Medicine Bag

- Nipple Cream
- Tylenol (for Dad)
- Pre-Natal Vitamins
- Stool Softeners
- Nursing pads

Misc. Bag

- Hand Sanitizer
- Nursing cover
- Breast pump
- Blanket (for dad)
- Pillows
- Toilet Paper
- Thank you cards

Baby. Bag

- Hats
- Outfits (NB- 3M)
- Onesie (NB-3M)
- Blankets
- Socks
- Mittens
- Swaddels
- Wipes
- Burp cloths
- Pacifier
- Boppy
- Car Seat
- Going home outfit
- Filer

Paperwork

- Hospital Forms
- Birth Plan
- Social Security
Forms
- Insurance Card
- Benefits info
- FMLA Paperwork
- Baby book
- List of people to
call
- Notebook & Pen

Labor Bag - take into hospital upon arrival

Recovery Bag - Take into hospital when moved to Regular room

Baby Bag - Take into hospital when moved to regular room

Partner Bag - Take into hospital when moved to regular room-or
if going into delivery at night

Tech Bag - Take into hospital upon arrival