

hospital bag CHECKLIST

FOR MOM (during labor)

- Hair ties
- Robe
- Snacks
- Lip balm
- Water bottle
- Phone and charger

FOR DAD

- Change of clothes
- Toiletries
- Snacks
- Phone and charger

FOR MOM (after delivery)

- Toiletries
- Nursing bras
- Nursing pads
- Nightgowns
- Open front shirts
- Sweatpants/leggings
- Slip on shoes
- Socks
- Sanitary Pads
- Underwear
- Laundry bag

FOR BABY

- Blanket
- Hat
- Going home outfit