

THE ESSENTIAL HOSPITAL BAG CHECKLIST *for labor & delivery*

For Mom:

- ☐ BATHROOM BAG
 - ☐ TOOTHBRUSH/TOOTHPASTE
 - ☐ FACE WASH
 - ☐ FACE CREAM
 - ☐ SHAMPOO
 - ☐ CONDITIONER
 - ☐ BODY WASH
 - ☐ RAZOR
 - ☐ LOOFAH
 - ☐ LIP BALM
 - ☐ DEODORANT
 - ☐ DRY SHAMPOO
 - ☐ HAIR PINS, CLIPS, TIES
- ☐ HAIR BRUSH
- ☐ HAIR DRYER
- ☐ HAIR STRAIGHTENER
- ☐ MAKEUP BAG
- ☐ MAKEUP REMOVER
- ☐ NURSING TANK
- ☐ NURSING BRA
- ☐ ROBE
- ☐ YOGA PANTS / LEGGINGS
- ☐ FUZZY GRIPPY SOCKS
- ☐ GOING HOME OUTFIT

For Baby:

- ☐ GOING HOME OUTFIT
- ☐ SOCKS
- ☐ VELCRO SWADDLE
- ☐ HAT
- ☐ BLANKET

For Dad:

- ☐ PJS
- ☐ 1 OUTFIT CHANGE
- ☐ UNDERWEAR
- ☐ TOOTHBRUSH
- ☐ SNACKS
- ☐ PILLOW

Miscellaneous:

- ☐ NURSING PILLOW
- ☐ PHONE CHARGER
- ☐ TABLET / EREADER + CHARGER
- ☐ HEADPHONES
- ☐ CAMERA