Mombrite

Hospital Bag Checklist

For Mom (Labor & Delivery)

- [ ] Hospital Paperwork
- [ ] Identification
- [ ] Insurance Card
- [ ] Birth Plan
- [ ] Cord Blood Kit
- [ ] Lip Balm
- [ ] Socks
- [ ] Entertainment
- [ ] Hair Ties
- [ ] Snacks and Drinks
- [ ] Hard-Candies or Gum
- [ ] Eyeglasses
- [ ] _____
- [ ] _____

For Mom (Postpartum)

- [ ] Toiletries
- [ ] Nursing Bra
- [ ] Nursing Pads
- [ ] Nursing Pillow
- [ ] Nipple Cream
- [ ] Going-Home Outfit
- [ ] Perineal Spray
- [ ] Socks
- [ ] Flip-flops
- [ ] Eyeglasses and/or contact lenses
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

For Dad

- [ ] A Change of Clothes
- [ ] Toiletries
- [ ] Snacks and Drinks
- [ ] Contact List
- [ ] Eyeglasses and/or contact lenses
- [ ] Going-Home Outfit
- [ ] _____
- [ ] _____

For Baby

- [ ] Going-home outfit
- [ ] Bodysuits
- [ ] Warm blankets
- [ ] _____
- [ ] _____

Electronics

- [ ] Cell phone and Charger
- [ ] Camera, charger, and memory cards
- [ ] _____
- [ ] _____

Notes

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