

# - Hospital Bag Packing List -

Your Complete Checklist for Labor & Delivery



## FOR MOM

### Comfortable Clothing

- ✓ Pajamas & Robe
- ✓ Slippers & Socks

### Toiletries

- ✓ Toothbrush & Toiletries
- ✓ Lip Balm & Hair Ties

### Personal Items

- ✓ Phone & Charger
- ✓ Snacks & Water Bottle



## LABOR & RECOVERY

- ✓ Nursing Bra & Pads
- ✓ Cozy Blanket
- ✓ Pain Relief Essentials

- ✓ Nipple Cream
- ✓ Adult Diapers



## FOR BABY

- ✓ 2-3 Onesies
- ✓ Swaddle Blanket
- ✓ Baby Hats & Mittens
- ✓ Going Home Outfit



## DON'T FORGET!

- ✓ Car Seat Installed
- ✓ Medications
- ✓ ID & Insurance

You've got this. One step closer to meeting your baby.