

# THE ULTIMATE HOSPITAL BAG CHECKLIST



## FOR BABY:

- o 2 outfits
- o One hat
- o 2-3 burp cloths
- o 3-4 diapers
- o One pack of wipes
- o 2 blankets
- o 2 pacifiers
- o Nursing pillow
- o One sleepsack
- o Car seat

## FOR DAD:

- o Cell phone/charger
- o Camera with batteries
- o iPad/Kindle
- o Easy snacks
- o Gatorade and/or water
- o Two outfits
- o Toothbrush
- o Deodorant
- o Pillow and blanket

## FOR MOM:

- o Important documents
- o Cell phone
- o 2-3 pairs of socks
- o House slippers
- o 1-2 Nursing bras
- o 3 pairs underwear
- o Dermoplast
- o Tucks
- o Colace
- o Comfortable robe
- o Black pants, 2 shirts
- o Shampoo
- o Minimal Make-up
- o Body/face wash
- o Hairbrush
- o Mints/gum

## EXTRAS:

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