

# HOSPITAL

DUE DATE: \_\_\_\_\_

# BAG CHECKLIST

## FOR YOU

- Comfortable clothes
- Nursing bras & pads
- Eye mask
- Comfortable underwear
- Slippers / no-skid socks
- Towels
- Laundry bag
- Pillow & soft blanket
- ID & insurance card
- Healthy snacks
- Phone & charger
- Glasses / contact solution
- Birth ball
- Lip balm
- Toothbrush & toothpaste
- Hair brush & hair bands
- Deodorant
- Body lotion
- Shampoo & conditioner
- Face wipes

## FOR YOUR PARTNER

- Change of clothes
- Pillow
- Phone & charger
- Snacks
- List of family phone numbers
- Toothbrush

## FOR BABY

- Diapers
- Cotton balls (for changing)
- Clothes & onesies
- Hat
- Jacket
- Socks / booties
- Baby blanket
- Pacifiers
- Car seat

## EXTRAS

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