

HOSPITAL BAG CHECKLIST

For You

- Comfy pajamas/loungewear/sweats
- Warm socks & slippers
- Hairbrush & hair elastics
- Toothbrush/toothpaste
- Lip balm
- Deodorant
- Shampoo/conditioner/body wash/face wash
- Hair dryer (optional)
- Contact solution/case/eyeglasses
- Any medicine you are taking
- Dry shampoo
- Robe
- Phone charger
- Empty shopping bag
- Boppy or My Brest Friend
- Pillow
- Snacks & gum/breath mints
- Breastfeeding accessories (breast pads, lanolin, nursing tops)
- Granny panties (optional)

For Baby

- Mittens
- Going home outfit
- Pacifier
- Side snap Onesies
- Warm blanket (for chilly months to use in car seat)
- Baby book (optional)
- Socks
- Car seat