

Hospital Bag For Mom



Clothing

- Nightgown & robe**
- Sandals/Slippers**
- 1 Nursing Top (if breastfeeding)**
- 1 pair maternity pants**
- Going Home Outfit for mom**

Bathroom Essentials

- Shampoo/Conditioner**
- Body Wash**
- Toothbrush & toothpaste**
- Contact solution (if needed)**
- Deodorant**
- Hair brush & hair ties/bobby pins**
- Makeup & Lip Balm**

Other Essentials

- Phone Charger**
- Nursing Pillow (if breastfeeding)**
- Birthplan**
- Health Insurance Cards**

Hospital Bag For Dad



Clothing

- 2 shirts, 2 pants, and 2 underwear (3 if c-section)**
- 2 pairs socks (3 if c-section)**
- 1 pair athletic shorts or pajama pants**

Bathroom Essentials

- Shampoo/Conditioner**
- Body Wash**
- Toothbrush & toothpaste**
- Contact solution (if needed) & glasses**
- Deodorant**
- Comb/Hairbrush**
- razors & shaving cream**

Other Essentials

- Phone Charger**
- Camera**
- Snacks & money for vending machine**

Checklist For Baby



Clothing

- going home outfit for baby**
- baby mittens**

Other Essentials

- Carseat with base installed**
- diaper bag (5 diapers and 1 package wipes)**

Typically the hospital will provide everything you need for baby, but it doesn't hurt to have a few extra just in case!