

HOSPITAL BAG Packing List

For Mom

- Night Gown
- Sweater/Cardigan
- Front Opening PJs
- Loose Fitting Clothing
- House Shoes
- Extra Socks
- Shower Shoes
- Hair Ties
- Hair Brush
- Tooth Brush
- Lip Balm
- Lotion
- Deodorant
- Maternity Pads
- Going Home Outfit
- Pillow

For Baby

- Onesies
- Baby Blankets
(Or Swaddle Bags)
- Going Home Outfit
(Should include hat
and mittens)
- Newborn Diapers
- Wipes
- Burp Cloth
- Pacifier
- Breast Pump
(Formula, if using)
- Hats
- Mittens
- Socks
- Footsie Onesies
- Car Seat
- Car Seat Cover
- Nursing Pillow

Other

- Charging cords
- Cell Phone
- Birth Plan
(and other documents)
- Camera
- Headphones
- Insurance Card
- IDs
- Heating Pad
- Birth Ball
- Pillow and Blanket for Dad

MY BIRTH Plan

During Labor

During Birth

In Case of Emergency

Newborn Care