

HOSPITAL BAG

Checklist

FOR MOM

- ☐ Extra-long phone charger
- ☐ Lip balm
- ☐ Toiletries
- ☐ Soft nursing bra
- ☐ Comfortable robe
- ☐ Loose going-home outfit
- ☐ Shower shoes / easy slip-on shoes
- ☐ Large water bottle with straw
- ☐ Favorite shelf-stable snacks
- ☐ Glasses / contacts / everyday essentials

FOR BABY

- ☐ Two going-home outfits (newborn + 0–3 months)
- ☐ One favorite blanket or swaddle
- ☐ Properly installed rear-facing car seat

FOR SUPPORT PERSON

- ☐ Change of clothes + toiletries
- ☐ Snacks + way to buy food
- ☐ Phone charger
- ☐ Pillow / small comfort item

CHECK WITH YOUR HOSPITAL

- ☐ Postpartum supplies provided
- ☐ Diapers & wipes provided
- ☐ Breast pump availability
- ☐ Anything your facility specifically asks you to bring

NOTES

You are more prepared than you think.

