

# HOSPITAL BAG CHECKLIST

## *For Mom*

- Birth Plan
- Insurance card
- ID
- Lip Balm
- Hair Ties
- Dry shampoo
- Toothbrush
- Toothpaste
- Hair brush
- Face wipes
- Moisturizer
- Nursing Tank/Bras
- Comfy lounge pants
- Robe or cardigan
- Going home outfit
- Phone and charger
- Glasses
- Flip Flops

## *Misc.*

- Boppy Pillow
- Bluetooth speaker for music
- Snacks
- Thank you treats for nurses

## *For Baby*

- Going home outfit
- Receiving blanket
- Infant Carseat

## *For Spouse*

- blanket and pillow
- change of clothes

NOTES