

# HOSPITAL BAG *checklist*

PRINT THIS LIST OFF AND CROSS OUT EACH ITEM AS YOU PACK IT. AND THEN...

*Breathe*

## *Mom*

ROBE  
SLIPPERS  
TOILETTRIES  
HAIR BANDS  
NURSING BRA  
NURSING TANK  
SWEAT PANTS/LEGGINGS  
SOCKS  
DEPENDS INCONTINANCE  
UNDERWEAR  
LOOSE SHIRT

## *baby*

12 DIAPERS  
2-3 ONESIES  
1 LONG SLEEPER  
2 MUSLIN SWADDLES  
2 BURP CLOTHS  
VITAMIN D DROPS  
VASELINE TUBE  
SCENT FREE WET WIPES  
CAR SEAT  
HAT + SOCKS

## *paperwork*

ID CARD  
HEALTH CARD  
INSURANCE CARD  
SMALL CASH  
HOSPITAL FORMS

## *dad*

SWEATER  
PHONE CHARGER  
SNACKS  
HAND SANITIZER  
NEW OUTFIT  
TOILETTRIES  
HEAD PHONES