

HOSPITAL BAG CHECKLIST

Mom

- DOCUMENTS** (*wallet, ID, insurance card, birth plan, medication list*)
- LABOR ITEMS** (*chapstick, hair tie*)
- COMFORT ITEMS** (*whatever you need to keep you entertained, occupied, and comfortable during labor, i.e., pillow, music, a book, tennis ball for massages*)
- TOILETRIES** (*toothbrush, toothpaste, makeup, shower supplies*)
- SLIPPERS** or **GRIPPY SOCKS** or **FLIP FLOPS**
- NURSING SUPPLIES** (*nursing bras and tanks, lanolin cream, nursing pillow, baby care tracking app, breast pump – you likely won't be using this, but the lactation consultants can show you how to use your pump*)
- PAJAMAS** and **ROBE** (*open front for easy nursing*)
- CLOTHING** (*2 – 3 comfy outfits, Bellefit girdle or belly band*)
- ELECTRONICS** (*camera, phone, chargers*)

Dad

- TOILETRIES, CLOTHING, and PAJAMAS** (*if staying overnight*)
- COMFORT ITEMS** (*hospital sofas aren't the comfiest – pillow*)
- SNACKS**
- CONTACT LIST** (*for announcements*)
- ELECTRONICS** (*camera, phone, chargers*)
- SIBLING GIFTS**

Baby

- CAR SEAT** (*a hospital requirement*)
- BABY BOOK** or **DOCUMENT FOLDER**
- PHOTO PROPS** (*outfit, blanket, sign*)
- "FRESH 48" LIST SHOT** (*list of hospital photography shots*)
- GOING HOME OUTFIT** (*hat, socks, kimono-style outfit, blanket*)