



THE ULTIMATE  
*hospital bag*  
CHECKLIST

**"Ain't no hood like motherhood"**



# HOSPITAL BAG

## checklist

### For Mama:

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- Full Coverage Underwear (x3)
- Nursing Bra or Normal Bra (x1)
- Going Home Outfit (x1)
- Comfy + Loose Clothing (x2)
- Warm Sweater (x1)
- Button Up PJs + Robe (x1)
- Slip On Shoes or Flip-Flops
- Socks and/or Slippers
- Pillow + Comfy Blanket
- Important Meds or Vitamins
- Health Card + Insurance Info

### Toiletries:

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- Shampoo + Conditioner
- Dry Shampoo
- Body Wash
- Face Moisturizer
- Face Cleanser
- Body Lotion
- Toothbrush + Toothpaste
- Face Wipes
- Deodorant
- Hair Brush + Hair Ties
- Eye Drops
- Makeup (if you want!)





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### Toiletries Cont:

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- Chapstick
- Lg. Pads or Adult Diapers
- Breast Pads + Nipple Cream
- Contacts + Solution
- Glasses
- Hair Tool (if you want!)

### For Birth (optional):

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- Insulated Cup w Straw
- Heating Pad
- Camera
- Music Playlist + Headphones
- Essential Oils
- Small Fan

### For Baby:

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- Diapers + Wipes
- NB Sleeper (x2)
- NB Onesie (x1)
- Premie or 0-3m Onesie (x1)
- Socks or Booties (x1)
- Going Home Outfit (x1)
- Swaddle Blanket (x1)
- Pacifier(s)
- Sound Machine
- Car Seat
- Announcement Props (if you want!)





# HOSPITAL BAG

## checklist

### For your Partner:

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- Comfortable PJs (x1)
- Underwear (x2)
- Change of Clothes (x1)
- Warm Sweater (x1)
- Socks (x1)
- Medications (Advil/Tylenol)
- Toiletries
- Ipad/ Laptop
- Wallet

### Extras:

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- Long Cord Phone Charger
- Snacks for Mom + Dad
- Gum or Mints
- Personal Towel for Showering
- Sleep Mask
- Haaka or Milk Collectors
- Breastfeeding Pillow
- Postpartum Healing Items
- Credit Card for Parking
- Cash for Vending Machines

### Notes:

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