

Hospital Bag Checklist

RaisingArrows.net

For Mom:

Chapstick

Lotion

Toiletries (especially some nice soap/shampoo)

Brush & Hair ties

Curling iron/Hair spray

Makeup

Jewelry

Nursing nightgown or outfit

Nursing cover (for all those times you need to nurse while people are visiting)

Socks

Underthings (especially a nighttime nursing bra)

Slippers

Robe

Going Home outfit (something comfy, but nice looking)

Menstrual Pads

Baby Book & Pen

Baby's Pregnancy Journal

Heating Pad (for cramps)

Phone numbers of people I need to call with news of baby

Coat

For Dad:

Camera (charged up batteries & plenty of SD cards)

Phone

Tablet

Charger cord

Snacks

2 changes of clothes

Pajamas

Slippers

Toiletries

For Baby:

4 onesies

4 gowns

4 pairs of socks

2 pair of baby mittens

Several diapers (usually Size 1 and disposable)/wipes

Going Home Outfit (traditionally purchased by Daddy after Baby is born)

Sponge Emery Board

Blankets

Car Seat with head support and cover