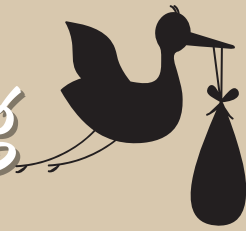




# Hospital/Birth Center Bag Checklist



## Mom's Bag for Labor & Delivery

- Sleepwear/Loungewear (2 sets)
- Robe for labor & delivery
- Flip-flops & slippers
- Toiletries (toothpaste, toothbrush, shower gel, deodorant, face wash, lotion, etc.)
- Hair ties, hair clips, etc.
- Chapstick
- Water bottle & straw
- Phone charger
- ID & Insurance Card
- Snacks for mom
- Brush/comb for mom



## Mom's Bag Post Labor

- Postpartum panties
- Maternity pads
- Nursing pads
- Nursing bra
- Nipple cream
- Peri-bottle
- Peri-spray
- Ice packs
- Wipes
- Change of clothes
- Pillow for mom
- Pillow for nursing



## Spouse/Birth Partner

- Snacks
- Pillow & blankets
- Phone charger
- Toiletries (toothpaste, toothbrush, shower gel, deodorant, etc.)
- Phone charger
- Change of clothes
- Car seat & instruction manual
- Money & ID



## Baby's Bag

- Diapers
- Diaper cream
- Baby wipes
- Going home outfit
- Three changes of clothes
- Blankets

