



CLEAR AND CONCISE

HOSPITAL BAG CHECKLIST

THE SHIT YOU *ACTUALLY* NEED AND NOTHIN' YOU DON'T

FOR MAMA

- ☐ ID. insurance card. birth plan.
- ☐ loose or button down nightgown.
- ☐ robe. cozy socks/slippers.
- ☐ nursing bra. comfy going-home fit.
- ☐ toiletries. skin care. lip balm.
- ☐ hair accessories.
- ☐ favorite pillow/throw.

FOR BABY

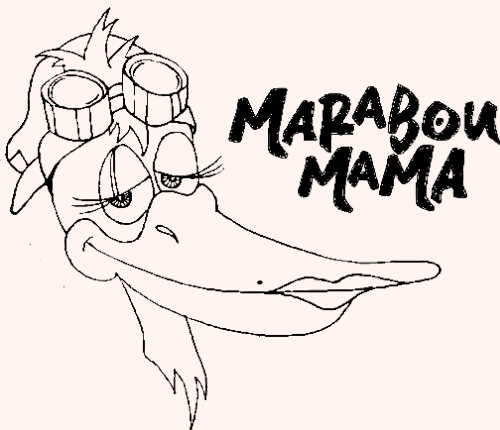
- ☐ 2-3 onesies – long & short sleeve.
- ☐ hat. mittents. swaddle blanket.
- ☐ going home fit.
- ☐ nursing pillow. haakaa.
- ☐ safely installed car seat.

FOR PARTNER/SUPPORT

- ☐ comfortable clothes and layers.
- ☐ toothbrush. deodorant.
- ☐ grooming accessories.
- ☐ drinks and snacks for long waits.
- ☐ personal entertainment.

TECH GEAR & MISC.

- ☐ long phone charging cords.
- ☐ camera or smartphone for
- ☐ pics/vids.
- ☐ books. tablet. laptop. headphones.
- ☐ portable speaker for labor playlist.
- ☐ pen and paper for any notes.
- ☐ small tote to collect any **freebies**.



PREFERRED EXTRAS

- ☐ energy boosting snacks.
- ☐ labor tools – massage oil, tennis ball.
- ☐ affirmation cards.



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