

# Hospital Bag Checklist



## FOR MOM

- Toiletries
  - Toothbrush/paste
  - Shampoo/conditioner
  - Hairbrush
  - Make-up
  - Deodorant
  - Facial wash/moisturizer
  - Contact lenses/glasses
  - \_\_\_\_\_
  - \_\_\_\_\_
- Nursing bra
- Nursing pads
- Nursing gown/PJs
- Nursing pillow
- Clothes for going home (NOT pre-pregnancy size)
- Robe
- Slippers

Throat Lozenges

- \_\_\_\_\_
- \_\_\_\_\_

## FOR COACH

- Toiletries
  - Toothbrush/paste
  - Shampoo/conditioner
  - Deodorant
  - Shaving items
  - \_\_\_\_\_
  - \_\_\_\_\_
- Change of clothes
- Number for local florist

- \_\_\_\_\_
- \_\_\_\_\_

## FOR BABY

- Going home outfit
- Car seat
- Blanket
- Nail file or scissors

Baby book

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## OTHER IMPORTANT ITEMS

- Camera (extra film, batteries, memory card, etc.)
- Video camera and accessories
- Cell phone & charger
- Phone numbers
- Extra bag (to bring home gifts you receive in the hospital)

Change for vending machine

Healthy snacks

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_