



The ULTIMATE Hospital Bag Checklist



EVERYTHING YOU NEED FOR A POSITIVE LABOR AND DELIVERY EXPERIENCE



For Mom

Labor

- Birth Plan
- Stress Ball
- Bluetooth Speaker
- Books/Magazines
- Glasses

Comfort

- Socks
- Slippers
- Robe
- Loose Stretchy Clothes
- Eye Mask
- Blanket & Pillow
- Phone Charger

Nursing

- Nursing Pads
- Nipple Cream
- Nipple Shield
- Nursing Bra/Tank
- Nursing Pillow

Toiletries

- Toothbrush
- Toothpaste
- Deodorant
- Shampoo
- Conditioner
- Body Wash
- Towel
- Face Wash
- Lotion
- Brush
- Comb
- Hair Ties
- Face Wipes
- Chapstick

To Add

- _____
- _____
- _____
- _____
- _____
- _____

For Partner

- Clothes
- Toiletries
- Laptop
- Snacks & Protein Bars
- Blanket & Pillow
- Extra Bag for Hospital Freebies



For Baby

- Car Seat with Base Installed
- Swaddle (Zip or Velcro)
- Baby Clothes in Different Sizes
- Pacifier
- Nail Clippers/File
- Burp Cloths