

Hospital Bag Ultimate Checklist

For Mommy:

- ID's (Driver's License and Insurance)
- Nursing Bra's
- Leggings
- Robe
- Night gowns (At least two!)
- Comfy Socks
- Flip flops (For the first shower)
- Postpartum Undies
- Postpartum Ice Packs (For the car ride home)
- Belly Band (Opt. but helps to have!)
- Going home outfit (Something super comfy and loose!)
- Peribottle (Opt. hospital has one)
- Dermoplast (For when you get ready to leave the hospital)
- Nipple cream
- Breast Pads
- Tumbler for ice water

Extra's For Mommy:

- Shampoo & Conditioner
- Toothbrush/ Toothpaste
- Deodorant
- Hair Products (Dry shampoo, hair dryer, straightener, hair ties)
- Make Up Bag
- Phone Charger
- Lotions or Essential Oils (Opt. just anything to help calm you)

For Baby:

- Installed Car Seat (HAVE TO HAVE!)
- Announcement Outfit
- Premie Outfit (Just in case)
- Extra Onesies
- Extra burb cloths (Opt.)
- Extra Swaddles (Opt.)
- Going Home Outfit

For Daddy:

- Overnight clothes (Shirt and Sweats)
- Pillow
- Blanket
- Money for food or snacks
- Tylenol (He will thank you!)
- Going home outfit
- Extra bathroom needs (Contact solution, toothbrush)

Extras:

- Comfy blanket
- Comfy pillow (Pregnancy pillow or bobby)
- Toilet paper (The hospitals is always so harsh and doesn't feel good)