

# Hospital Bag Checklist for Mom & Dad

## Mom:

- Going Home Outfit
- Socks
- Slippers
- Flip-Flops (for Shower)
- Nursing Bra
- 3 Pairs of Underwear
- Nursing Nightgown
- Robe
- Toothbrush & Toothpaste
- Body Wash
- Deodorant
- Shampoo & Conditioner
- Razor
- Hair Brush
- Hair Ties,  Pins  Supplies
- Lotion
- Mirror
- Face Wash & Moisturizer
- Extra Toiletries
  
- Medical Insurance Card
- Folder for Hospital Paperwork
- Pillow (if desired)
- Special Items From Home:  
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## Postpartum:

- Extra Pads
- Tucks Pads
- Perineal Spray/Balm
- Nursing Balm

## Dad:

- 1-2 Outfits
- Socks
- Slippers
- Flip-Flops (for Shower)
- Shoes
- Underwear
- Hoodie
- Pajamas
- Pillow
- Toothbrush & Toothpaste
- Deodorant
- Body Soap
- Razor
- Brush/Comb
- Extra Toiletries
- Wallet

## Both:

- Chargers
- Phones, iPads
- Camera
- Earbuds
- ID

Extra Notes

