



Hospital Bag

CHECKLIST

DATE: _____

№	FOR MUM	<input checked="" type="checkbox"/>
1	Comfortable clothing (loose tops, pajamas)	<input type="checkbox"/>
2	Nursing bras (if planning to breastfeed)	<input type="checkbox"/>
3	Nursing pads	<input type="checkbox"/>
4	Toiletries	<input type="checkbox"/>
5	Toothbrush and toothpaste	<input type="checkbox"/>
6	Face wash	<input type="checkbox"/>
7	Shampoo and conditioner	<input type="checkbox"/>
8	Dry shampoo	<input type="checkbox"/>
9	Personal skincare items	<input type="checkbox"/>
10	Phone and charger	<input type="checkbox"/>
11	Snacks (e.g., granola bars, fruit)	<input type="checkbox"/>
12	Reusable water bottle	<input type="checkbox"/>
13	Cozy blanket or shawl	<input type="checkbox"/>
14	Nursing pillow	<input type="checkbox"/>
15	Hair ties	<input type="checkbox"/>
16	Slippers	<input type="checkbox"/>
17	Robe	<input type="checkbox"/>
18	Earbuds or headphones	<input type="checkbox"/>
19	ID, insurance cards, and hospital paperwork	<input type="checkbox"/>
20	Special keepsake or photo of loved ones	<input type="checkbox"/>



Hospital Bag

CHECKLIST

DATE: _____

№	FOR BABY	<input checked="" type="checkbox"/>
1	Onesies (mix of newborn and 0-3 months sizes)	<input type="checkbox"/>
2	Swaddle blankets	<input type="checkbox"/>
3	Diapers	<input type="checkbox"/>
4	Baby wipes	<input type="checkbox"/>
5	Baby hat and mittens	<input type="checkbox"/>
6	Soft baby blanket	<input type="checkbox"/>
7	Pacifier (if planning to use)	<input type="checkbox"/>
8	Special outfit for the journey home	<input type="checkbox"/>
9	Baby lotion or oil	<input type="checkbox"/>
10	Car seat (installed in car)	<input type="checkbox"/>
11	Additional Items for C-Section Mums:	<input type="checkbox"/>
12	Loose-fitting outfit (won't irritate incision area)	<input type="checkbox"/>
13	High-waisted underwear (comfortable and/or disposable)	<input type="checkbox"/>
14	Lip balm and moisturizer	<input type="checkbox"/>
15	Gentle toiletries	<input type="checkbox"/>
16	Optional Items:	<input type="checkbox"/>
17	Birth ball	<input type="checkbox"/>
18	Massage oil	<input type="checkbox"/>
19	Calming essential oils or relaxation spray	<input type="checkbox"/>
20	A favorite book or magazine	<input type="checkbox"/>
21	Extra power bank for phone	<input type="checkbox"/>
22	Muslin swaddle blankets	<input type="checkbox"/>