

Ultimate Hospital Delivery

Bag Checklist

Before You Hit The Road

- Eat before you leave! Grab anything and eat it
- Admission papers/ pre-register & provide copies of insurance and any other paperwork ahead of time
- Designate someone to call/text and talk while you are in labor and delivery

For You

- Toilet paper
- Tooth brush/toothpaste
- Brush
- Hair ties
- Face wash
- Shampoo/conditioner
- Make up remover wipes
- Lanolin
- Lip balm
- Lotion
- Light makeup
- Socks
- Slippers
- Nursing bra/Top

- Loose clothing for discharge and dark colors- you never know if you are leaking through your undies

- Kangaroo Top/Band for napping

- Nursing pads
- Postpartum Belly wrap
- Pillows- for you and your partner (I took 5!)

- Nursing/Bobby pillow

- Kindle/Books/Magazines

- Camera

- Phone charger

- Extension cord for phone/laptop/kindle charger (sometimes a plug is far from the bed)

- Folder for paperwork

For Baby

- Baby book for foot prints
- Outfit for going home and pictures at hospital
- Car seat
- Ziploc for baby bracelets when discharged

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