



Hospital Bag Checklist

For Mom, Baby & Dad



MOM

- ☐ slipper socks/slippers
- ☐ unscented lotion
- ☐ chap stick
- ☐ mints or gum
- ☐ hair brush, hair ties, head band
- ☐ hair dryer
- ☐ basic makeup
 - tinted moisturizer
 - eyebrow pencil
 - bronzer/blush
- ☐ travel size shampoo & conditioner
- ☐ travel size soap
- ☐ face wash
- ☐ deodorant
- ☐ toothbrush & toothpaste
- ☐ 2 changes of clothes
 - pajamas with button down top
 - going home outfit (loose fitting, soft clothing)
- ☐ nursing bra or tank top
- ☐ cell phone & charger

BABY

- ☐ 1-2 onsies or sleepers
- ☐ mittens
- ☐ hat
- ☐ socks
- ☐ blanket
- ☐ pacifier
- ☐ car seat
- ☐ going home outfit

DAD

- ☐ cell phone & charger
- ☐ snacks
- ☐ camera

IF DAD STAYS THE NIGHT IN HOSPITAL:

- ☐ toothbrush & toothpaste
- ☐ travel size shampoo & conditioner
- ☐ change of clothes
- ☐ deodorant
- ☐ pillow