

# Hospital Bag Check List

## For The Mama

- ID, insurance card, cash
- Favorite snacks
- Nursing cover
- Your own pillow
- Sleepwear
- Comfy clothes for the daytime (2-3 days worth)
  - Loose pants/shorts/capris
  - Zip ups, t-shirts and loose tanks
- Nursing bra(s)
- Stretchy bra(s)
- Undies & socks (undies that you don't care about- they might get stained)
- Slip on shoes/slippers
- Outfit to wear home

## Toiletries

- Toothbrush/toothpaste
- Contact case & solution/glasses
- Deodorant
- Face wash & face lotion
- Makeup
- Hair stuff
  - Gel
  - Rubber bands
  - Headbands
  - Hair dryer/straightener
- Razor
- Breast pads

## Entertainment/Electronics

- Phone & charger
- Computer & charger
- Camera, charger, & USB cord
- DVDs
- Bible & Journal

## For the Baby

- 1-2 Blankets
- 2-3 Outfits/hats/socks
- Baby book for hand and foot prints
- Boppy/Nursing Pillow
- Car seat