

# HOSPITAL BAG

## Checklist

### FOR MAMA

- Nursing pillow
- Makeup bag
- Toiletries
- Shower shoes
- Nursing pads
- Nursing bras
- Nipple balm
- Combs for pain management
- Button-down pajamas
- Robe
- Socks or slippers
- Stretchy/comfy going home outfit
- Essential oils
- Headband & hair ties
- Lactation muffins/cookies
- Bone broth thermos
- Phone charger
- Birth affirmation cards
- Birth plan
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### FOR BABY

- Newborn diapers
- Swaddle
- Receiving blanket
- Outfit(s) for birth announcement photo
- Going home outfit (x2) + bonnets or hats
- Baby socks
- Infant car seat
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### FOR HUSBAND

- Toiletries
- Change of clothes
- Socks & underwear
- Camera bag(camera, battery, SD card, tripod)
- Wallets with IDs and insurance card
- Phone charger
- Snacks
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