

Hospital Bag

CHECK LIST

For Mom

- Toothbrush & toothpaste
- Deodorant
- Face wash/skin care
- Hair brush
- Dry shampoo
- Hair ties/hair clips
- Shampoo & conditioner
- Body wash
- Comfy pjs
- Nursing & pumping bras
- Lightweight robe
- Slippers/slides
- Outfit to go home
- Water bottle/insulated cup
- Chapstick/lip balm
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For Dad

- Toothbrush & toothpaste
- Deodorant
- Hair brush/comb
- Change of clothes (2-3 pairs)
- Pjs/lounge wear
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For Baby

- Sleepers &/or onesies (3-4 pairs)
- Swaddles (2)
- Going home outfit
- Car seat
- Name/birth announcement plaque
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Hospital Bag

CHECK LIST

For Recovery

(if hospital doesn't provide)

- Perineal pads
- Disposable underwear
- Incontinence brief
- Peri bottle
- Nipple cream
- Witch hazel pads/foam
- Pain relief spray (Dermoplast)
- Perineal ice packs
- Abdominal binder
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Miscellaneous

- Phone chargers
- Snacks
- Small portable light
- Small portable sound machine
- Pillows & blankets
- Nursing pillow (if plan to breastfeed)
- Thank you treat for staff
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