



## HOSPITAL BAG CHECKLIST

### *Personal Care*

- TOOTHBRUSH + TOOTHPASTE
- SHAMPOO + CONDITIONER + BODY WASH
- BLOW DRYER + INSTYLER + BRUSH
- DEODORANT + LOTION
- SKINCARE
- MAKEUP + BRUSHES
- ALWAYS DISCREET
- NIPPLE CREAM
- NURSING PADS
- MOM WASHER (FRIDET)

### *For Baby*

- REAR-FACING CAR SEAT
- BABY CLOTHES OPTIONS
- BABY HAT, MITTENS, SOCKS
- BABY BIBS + BURP CLOTHS
- SWADDLES (OLLIE)
- BABY BOTTLE (OPTIONAL)
- WET WIPES + DIAPERS (OPTIONAL)
- BABY LETTER BOARD SIGN (FOR PHOTOS)
- BABY BLANKET (FOR PHOTOS)

### *Clothing*

- ROBE
- PJS/NIGHT GOWN FOR NURSING
- NURSING BRA + UNDERWEAR
- NEXT DAY OUTFIT
- SLIPPERS
- FLIP FLOPS
- FLUFFY SOCKS

### *For Sleeping*

- PILLOW (WITH SLIP COVER)
- SLIP EYEMASK
- BOPPY BABY PILLOW

### *Gadgets*

- PHONE + CHARGER
- DSLR + SD CARD
- DSLR CHARGER + EXTRA BATTERIES
- EXTENSION CORD

### *In my Purse*

- CASH + COINS (FOR VENDING MACHINES)
- CARDS + IDS (INSURANCE CARDS, ETC)

### *Other*

- TOWEL (FOR THE CAR RIDE)
- SNACKS