



best ever baby®

# Hospital Bag CHECKLIST

This is a comprehensive list. Take what fits your needs and personal choices.

## Mom

- Facial Wash
- Facial Moisturizer
- Basic Body Care
- Cosmetics
- Razor
- Shaving Cream
- Toothbrush
- Toothpaste
- Deodorant
- Eye Mist/Hydrator
- Lip Balm
- Organic Massage Oil
- Aromatherapy Spray
- Itchy Belly Product
- Nipple Salve
- Hair Ties
- Brush/Comb
- Pillows
- Warm Pack
- Bathrobe
- Socks
- Comfy Clothes/PJs
- Going Home Outfit
- Underwear
- Pads

## Baby

- Playful Wash
- Soothing Cream
- Nurturing Balm
- Cheeky Salve
- Massage Oil
- Hand Sanitizer
- Diapers
- Wipes
- Hats
- Socks
- Layette
- Swaddle Blankets
- Car Seat/Instructions
- Stain Spray

## Nursing & Pumping Gear

- Nursing Bra
- Nursing Pads
- Nursing Wrap/Carrier
- BPA Free Bottles
- Pump + Gear

## Eat + Drink

- Candies
- Snacks
- Drinks
- Breath Freshener

## Siblings

- Creative Supplies
- Travel Toys
- Mobile Games
- Personal Camera
- Snacks
- Hand Sanitizer
- Headphones

## Paperwork & Essentials

- Insurance Information
- Hospital Forms
- Photocopy of ID
- Cordblood Kit
- Glasses or Contacts
- Medications/Vitamins
- Birth Plan

## Media

- Music
- Phone/Smartphone
- Reading Materials/Tablet
- Chargers
- Headphones
- Baby Book

## Bag for Partner

- Clothes
- Snacks
- Copy of Birth Plan