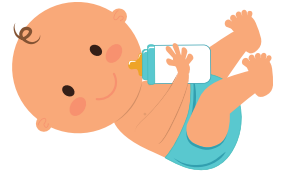
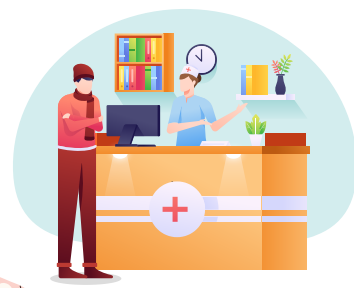


HOSPITAL BAG CHECKLIST FOR MOM



The perfect checklist for expecting mothers that includes your essentials plus anything optional to your own specific taste!

TRAVEL

- Rear-facing car seat

IMPORTANT DOCUMENTS

- Driver's license
- Insurance card
- Birth plan

PERSONAL ITEMS

- Wallet
- Glasses
- Medication
- Chapstick
- Hair ties or head scarf
- Water bottle (optional)
- Makeup (optional)
- Adult diapers (optional)

ELECTRONICS

- Phone
- Phone charger
- Extension cord
- Headphones (optional)
- iPad or Kindle (optional)

CLOTHING

- Comfortable clothes

- Going home outfit
- Nursing bras
- Postpartum underwear (optional)
- Non-slip socks
- Mommy and me outfit for pictures (optional)

TOILETRIES

- Toothbrush
- Toothpaste
- Contacts & contact solution
- Deodorant
- Hair brush or comb
- Shampoo
- Conditioner
- Lotion
- Face wash & face lotion
- Shower flip flops

BABY

- Going home outfit (newborn size)
- Going home outfit (0-3 month size)
- Mommy and me outfit for pictures (optional)
- Separate outfit for pictures (optional)
- Props for pictures (optional)
- Bottles (optional)
- Formula (optional)
- Pacifier (optional)