

Hospital Bag Checklist:

Bag:

- Something on wheels
- Empty bag to bring extra stuff home in

Toiletries:

- Toothbrush/ toothpaste
- Hairbrush
- Shampoo/Conditioner
- Body wash
- Face wash (if that's your thing)
- Chapstick
- Hair ties
- Deodorant
- Mascara (if you want some)
- Towel from home (the hospital towels don't even cover one butt cheek)
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Mom Clothes:

- Robe (for nursing or skin to skin)
- Slippers (may need to size up if you start swelling toward the end)
- Slip on shoes (for leaving)
- A loose-fitting dress (for post c-section if that's you)
- 1-2 pairs of pajamas (make sure they are loose fitting)
- Going home outfit for you (think cozy)
- Period underwear (bigger for use of pads)
- Nursing Bras
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Dad Bag: (if you aren't allowed to leave the hospital)

- Small backpack
- Pajamas (you can't sleep nude in the hospital)
- 1 comfy outfit
- 1 Going home outfit (jeans and a shirt work fine)
- Basic toiletries (same as mom's toiletries)
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Baby:

- 1 Cute announcement outfit (if that's your thing)
- 1 going home outfit
- 1-2 onesies (just in case)
- Name Announcement plate (if that's also your thing)
- Car Seat(s)
- No need to bring diaper bag full of stuff
- Door Hanger
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Snacks:

- Pack some of your favorites and your husbands' favorites. Sure, you can order food but not at all hours and sometimes you're going to be hungry when food isn't being served. We just put some in a gallon bag (you don't need a ton).
- Drinks- think Gatorade, reusable water bottles etc.

Extra:

- 2 Pillows from home (if you don't like flat pillows for mom and dad)
- 2 Blankets from home (to make the room more yours for mom and dad)
- Bluetooth speaker (music during labor, or during your stay in general)
- Video Camera
- Phone chargers
- Notebook & pencil (in case you need to remember anything)
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Take From Hospital:

- All diapers
- Wipes
- Adult diapers/ underwear / pads