

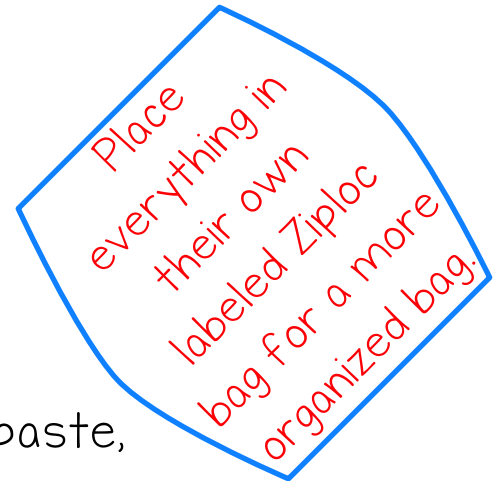
Hospital Bag Checkoff List

Mom

- ☐ 1 outfit to go home in
- ☐ 2 pairs of socks (1 light & 1 a little heavier)
- ☐ 1 nursing bra
- ☐ toiletries (may include lotion, chapstick, comb, hair ties, toothbrush, toothpaste, tissues, face wipes, contact case, and contact solution)

Dad

- ☐ 1 shirt
- ☐ 1 pair of comfortable shorts
- ☐ 1 pair of underwear
- ☐ toiletries (may include toothbrush, toothpaste, deodorant, ibuprofen)



Baby

- ☐ 1 outfit to go home in
- ☐ 1 pair of mittens (for scratching)
- ☐ 2 blankets (one for breast feeding in the hospital and one to go home in, if needed)

Last Minute Grabs

- ☐ glasses w/ case
- ☐ laptop w/ charger
- ☐ phones w/ chargers