



# Hospital Bag Checklist

## For Mommy

### Daily Toiletries:

- Deodorant
- Toothbrush
- Toothpaste
- Contact Lenses
- Glasses
- Hairbrush
- Hair Ties

### In-Hospital Clothing:

- Pair Of Shorts
- Nursing Cami
- Long-Sleeved Nursing Tops
- Nursing Bra

### Shower Essentials:

- Shampoo
- Conditioner
- Face Wash & Lotion
- Body Wash
- Bath Puff

### Makeup:

- BB/CC Cream
- Eye Shadows
- Blush
- Concealer
- Light Eyeliner
- Lip Gloss

### Misc. Items:

- Headbands
- Lanolin Cream
- Lip Ointment
- Dry Shampoo
- Face Wipes
- Depends
- Nursing Cover
- Boppy Pillow
- Miralax
- Disposable Nursing Pads
- Belly Bandit Wrap

### Go-Home Clothing:

- Nursing Cami
- Maternity Leggings Or Pants

## For Baby

### Clothing:

- Short Sleeved Onesies
- Long Sleeved Onesies
- Footed Pajamas
- Hats/Bows

### Accessories:

- Burp Clothes
- Velcro Swaddles
- Newborn Mitts