



## Mommy Hospital Bag Checklist:



- ☐ X4 sets pj's (preferably tops that unbutton easy for breastfeeding)
- ☐ Robe and slippers
- ☐ X1 set going-home clothes
- ☐ X4 disposable panties
- ☐ X4 feeding bra's
- ☐ Toiletries, chronic meds/vitamins
- ☐ Hand mirror, hair brush, lip balm
- ☐ X2 dark wash cloths
- ☐ Breast pads
- ☐ Nipple cream
- ☐ Maternity pads



## Baby's Hospital Bag Checklist:



- ☐ What should you pack in baby's hospital
- ☐ X4 baby grows
- ☐ X4 vest
- ☐ X1 going-home outfit
- ☐ Telament drops
- ☐ X4 beanies
- ☐ X4 sets of socks
- ☐ X2 receiver blankets/swaddles and x1 warm blanket
- ☐ If you decide beforehand that you are not going to breastfeed, then you have to take your own bottles and formula to hospital
- ☐ Surgical spirits
- ☐ Bum cream
- ☐ Most hospitals will provide nappies, wipes, Vaseline in their hospital bags



## If You Are Planning on a Normal Delivery



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Comfy oversized T-shirt or nightgown

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Massage oil

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Energy sweets/ powerade drink