

HOSPITAL BAG *checklist*

MAMA CLOTHES

- DELIVERY GOWN
- ROBE
- SLIPPERS
- SWEATSHIRT
- LOOSE PAJAMAS
- NON-SLIP SOCKS
- LIP BALM
- HAIR TIES

PP HEALING

- MESH UNDIES
- PERINEAL SPRAY
- STOOL SOFTENER
- FRIDA MOM PERI BOTTLE
- ICE PADS

OTHER

- GLASSES/CONTACTS
- SPARE BAG FOR HOSPITAL GOODIES
- BLANKET/PILLOW
- SMALL FAN
- CAR SEAT
- LONG PHONE CHARGER

DAD

- CHANGE OF CLOTHES
- PILLOW
- BLANKET
- SNACKS
- CAMERA

TOILETRIES

- SHAMPOO/CONDITIONER
- DEODORANT
- HAIR BRUSH
- TOWEL
- TOOTHBRUSH/PASTE
- BODYWASH
- GLASSES/CONTACTS
- FACEWASH
- LIGHT MAKEUP
- MAKEUP WIPES

NURSING

- NIPPLE CREAM
- SILVERETTES
- NURSING BRAS
- PUMP
- NURSING PADS

BABY

- GOING HOME OUTFIT
- PAJAMAS
- SOCKS
- BLANKET
- SWADDLE
- SOUND MACHINE
- PACIFIER
- BURP CLOTHS

IMPORTANT DOCS

- I.D
- PEDIATRICIAN INFO
- ADMISSION PAPERWORK
- BIRTH PLAN (OPTIONAL)
- INSURANCE