

Hospital Bag

CHECKLIST

What to Pack for YOU:

- Wheelie suitcase & duffel bag
- 2 - 3 pairs of PJs
- 2 maternity bras
- 4 - 6 pairs of socks
- 2 pairs of loose joggers
- 1 zip-up hoodies
- 2 loose tank tops or oversized T-shirts
- Glider sandals or slippers
- Toothbrush & toothpaste
- Facewash, moisturizer & face wipes
- Deodorant
- Unscented body wash
- Make up essentials
- Hairbrush, hair ties & dry shampoo
- 2 Lip Balm
- Nipple Cream
- 2 face cloths
- 20 maternity pads
- Eye mask, pillow & blanket
- Charger, headphones, entertainment
- Birth plan & hospital notes

What to Pack for BABY:

- 3 - 5 onesies with feet
- 2 long sleeve bodysuits
- 2 pairs of socks
- 2 hats
- 1 pair of scratch mittens
- 40 diapers (size 1 most likely)
- 2 packs of wipes
- 2 - 3 receiving blankets or muslins
- 5 burp cloths
- Car seat
- Going home outfit

What Snacks to Pack for YOU:

- 4 - 8 bottles of Gatorade
- 2 of your favourite chocolate bars
- 1 box of granola bars
- 6 apples
- 6 bananas
- Refillable water bottle