

# THE *Essential* HOSPITAL BAG PACKING LIST

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## *For Momma*

- \* Maternity PJs
- \* Jersey Knit Robe
- \* Nursing Bra
- \* Comfy Socks
- \* Slip-on Shoes
- \* Comfy Clothing
- \* Full Brief Panties
- \* Glasses & Contacts
- \* Overnight Pads
- \* Travel Sized Toiletries:
  - Deoderant
  - Lip Balm
  - Body Wash
  - Shampoo, Conditioner, Moisturizer
  - Hair Brush, Comb, and Hair Ties
  - Toothbrush & Tooth Paste
  - Lotion & Face Cream
- \* Make Up Bag (only w/ essentials)

## *For Baby*

- \* Going Home Outfit
- \* Newborn Hat
- \* Mittens
- \* Sleeper Gown
- \* Swaddle Blanket
- \* Nursing Pillow
- \* Nursing Cover
- \* Installed Car Seat Base
- \* Car Seat Carrier
- \* Pediatrician Information

## *For Partner*

- \* Comfy outfit
- \* Sweater
- \* Comfy shoes
- \* Toothbrush / Mouthwash
- \* Deoderant
- \* Water Bottle

## *Other Essentials*

- \* ID and Insurance Card
- \* Birth Plan
- \* Cell Phone
- \* Ipad / Tablet /Laptop
- \* Charger Cables
- \* Portable Battery Charger
- \* Power Strip
- \* Camera
- \* Extra Memory Card for Camera
- \* Camera Battery Charger
- \* Gift for Baby's Sibling(s)
- \* Change for Vending Machines
- \* Gum
- \* Snacks

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