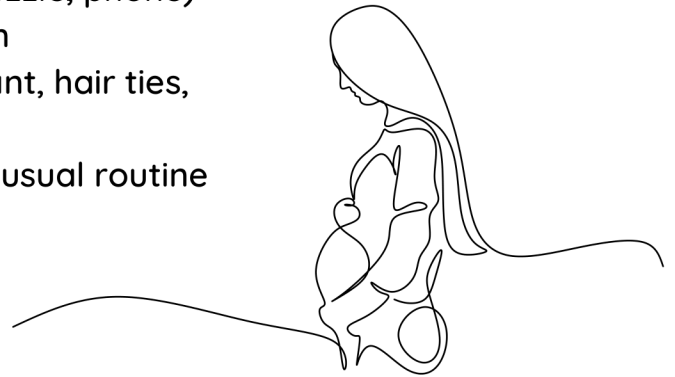


# Hospital Bag List



## Mommy Essentials

- ID and insurance card
- Phone Charger
- Pillow
- Couple pair of socks & flip flop or slippers
- Comfortable Loose (preferably dark) Pajamas for post-partum
- Comfortable Bra, nursing bra if u plan to breastfeed
- Maxi Pads (just in case you don't like what the hospital has)
- Something for entertainment (iPad, word puzzle, phone)
- Favorite Soap/Body Wash & Lotion for Mom
- Toiletries: Toothpaste, ToothBrush, deodorant, hair ties,
- Plastic bag for dirty clothes
- Skin Care products & Makeup, if that's your usual routine
- Favorite Snack/Drink
- Lip Balm



## Baby Essentials

- Car Seat
- Pacifiers
- Boppy Pillow
- Breastfeeding Cover (if you have one)
- Socks & booties
- Baby's First Outfit, Going Home Outfit

**Do not bring Diapers or Wipes**