

# Hospital Bag Checklist

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## For Mom

- Birth Plan
- Insurance Information and ID
- Personal Hospital Gown/ Robe
- Nursing Bra
- Socks
- Comfortable Clothes (Maternity)
- Toiletries (Deodorant, Shampoo, Soap, Toothbrush, Toothpaste, Hair Brush, Hair Supplies, Lip Balm, Make-Up)
- Hair Bands
- Bathing Suit Top for Birth Tub
- Nursing Pillow
- Nipple Cream
- Phone & Charger
- Snacks/Drinks
- Cash

## For Dad

- Comfortable Clothes
- Pillow
- Glasses/Contacts
- Toiletries (Shampoo, Deodorant, Soap, Toothpaste, Toothbrush, Hair Brush)
- Phone Charger
- Camera
- Snacks

## For Baby

- Car Seat
- Pajamas
- Blankets/Swaddles

