

My Hospital Bag Checklist



What to Pack in Your Hospital Bag

FOR YOU

DOCUMENTATION	CLOTHES	TOILETRIES	OTHER
ID/Wallet <input type="checkbox"/>	Nursing Bras/Tanks <input type="checkbox"/>	Toothbrush/Toothpaste <input type="checkbox"/>	Nipple Cream <input type="checkbox"/>
Insurance Card (if you have one) <input type="checkbox"/>	Stretchy Joggers/Leggings <input type="checkbox"/>	Face Wash/Face Wipes <input type="checkbox"/>	Pillow <input type="checkbox"/>
Family Care Plan <input type="checkbox"/>	PJs and Robe <input type="checkbox"/>	Deodorant <input type="checkbox"/>	Bath Towel <input type="checkbox"/>
WIC Card <input type="checkbox"/>	Slippers <input type="checkbox"/>	Shampoo <input type="checkbox"/>	Phone Charger <input type="checkbox"/>
Other: <input type="checkbox"/>	Cozy Socks <input type="checkbox"/>	Hair Ties <input type="checkbox"/>	Bluetooth Speaker <input type="checkbox"/>
Other: <input type="checkbox"/>	Going Home Top/Outfit <input type="checkbox"/>	Lip Balm <input type="checkbox"/>	Reusable Water Bottle <input type="checkbox"/>
Other: <input type="checkbox"/>	Other: <input type="checkbox"/>	Lotion <input type="checkbox"/>	Gum/Hard Candy/ Gatorade <input type="checkbox"/>
Other: <input type="checkbox"/>	Other: <input type="checkbox"/>	Glasses/Contacts <input type="checkbox"/>	Snacks <input type="checkbox"/>
Other: <input type="checkbox"/>	Other: <input type="checkbox"/>	Other: <input type="checkbox"/>	Other: <input type="checkbox"/>

FOR YOUR BABY

FOR YOUR SUPPORT PERSON

Car Seat <input type="checkbox"/>	Other: <input type="checkbox"/>	Pillow and Light Sleeping Bag <input type="checkbox"/>	PJs and Changes of Clothes <input type="checkbox"/>
Going Home Outfit <input type="checkbox"/>	Other: <input type="checkbox"/>	Snacks <input type="checkbox"/>	Laptop or Tablet & Charger <input type="checkbox"/>
Bottles (if needed) <input type="checkbox"/>	Other: <input type="checkbox"/>	Reusable Water Bottle <input type="checkbox"/>	Toiletries <input type="checkbox"/>
Health Care Provider Contact Info <input type="checkbox"/>	Other: <input type="checkbox"/>	Other: <input type="checkbox"/>	Other <input type="checkbox"/>