

HOSPITAL BAG CHECKLIST

- Healthy but energy-providing snacks
- Going home outfit for baby
- Swaddles, soothers, and scratch mittens
- Charger and AirPods
- Birthing dress or gown with comfy socks
- Going home outfit for mom (nursing-friendly)
- Toiletries (hospital may provide essentials)
- Nursing bra, nipple cream, and nursing pads (even if you're not going to nurse)
- Birth plan if you have it (it may become irrelevant though!)
- Extra bag with comfy clothes in case your stay is extended (hubby can grab this later for you)
- Hair ties, lip balm, lotion, and other comfort items
- Bottles if you plan on using them (though the hospital will have something for you if you forget)