

Ultimate HOSPITAL CHECKLIST

FOR YOU

Admin

- ID/WALLET
- INSURANCE CARD
- BIRTH PLAN
- HIRE PHOTOGRAPHER

Toiletries

- TOOTHBRUSH/TOOTHPASTE
- FACE WASH/FACE WIPES
- DEODORANT
- DRY SHAMPOO (OR REGULAR)
- HAIR TIES
- LIP BALM
- LOTION
- GLASSES/CONTACTS

Extras

- NIPPLE BALM
- PILLOW
- BATH TOWEL
- EXTRA-LONG PHONE CHARGING CORD
- PORTABLE BLUETOOTH SPEAKER
- REUSABLE WATER BOTTLE
- GUM/HARD CANDY/GATORADE

Clothing

- NURSING BRAS OR TANKS
- STRETCHY JOGGERS OR LEGGINGS
- PJS AND ROBE
- POST PARTUM UNDERGARMENTS
- SLIP-ON SHOES
- COZY SOCKS
- GOING HOME OUTFIT

FOR BABY

- CAR SEAT
- GOING HOME OUTFIT
- BOTTLES (IF USING)
- PEDIATRICIAN CONTACT INFO

FOR PARTNER

- PILLOW AND LIGHT BLANKET
- ALL THE SNACKS (TO SHARE)
- TOILETRIES
- REUSABLE WATER BOTTLE
- PJS AND CHANGES OF CLOTHES
- LAPTOP OR TABLET