

Hospital Checklist

FOR MAMA

DRIVERS LICENSE/ID
INSURANCE INFORMATION
BIRTH PLAN
EMPTY BINDER WITH PAGE HOLDERS
PHONE
PHONE CHARGER
TOOTHBRUSH/TOOTHPASTE
HAIR BRUSH
HAIR TIES (2-3)
DRY SHAMPOO
MAKE UP REMOVER TOWELETTES
MAKE UP
VITAMINS
NURSING PADS
DARK COLORED COTTON
UNDERWEAR (2-3)
NURSING BRA OR CAMISOLE (2-3)
PAJAMA PANTS
LIGHTWEIGHT ROBE
WARM SOCKS
GOING HOME OUTFIT (SOMETHING THAT FIT AT ABOUT 6 MO PREGNANT)

FOR BABY

CARSEAT (ALREADY INSTALLED)
NB FOOTIE PAJAMAS (2-3)
3 MO FOOTIE PAJAMAS (2-3)
SOCKS (2-3 PAIR)
HAT
GOING HOME OUTFIT
NURSING PILLOW
VELCRO SWADDLE BLANKETS

FOR DAD

PHONE
PHONE CHARGER
WALLET
TOOTHBRUSH/TOOTHPASTE
TOILETRIES
JACKET/HOODIE
PAJAMAS
CHANGE OF CLOTHES
UNDERWEAR
WARM SOCKS

OPTIONAL (BUT RECOMMENDED)

SNACK BARS
COOKIES/TREATS FOR NURSES
STOOL SOFTENERS
ADULT DIAPERS
TOILET PAPER
BODY LOTION
SHOWER SHOES
BATH TOWEL
WASH CLOTHS
HOSPITAL GOWN
LANOLIN/NIPPLE CREAM
ORGANIC BABY WASH
PACIFIER
PILLOWS
BLANKETS/SHEETS
IPAD/LAPTOP AND CHARGER