

hospital checklist

Mom:

- 1. 3 PJ Pants
- 2. 3 Shirts (open in front)
- 3. 3 Pairs of socks
- 4. 3 Nursing bras
- 5. Robe
- 6. Slippers
- 7. Shower shoes
- 8. Going home outfit
- 9. Toothbrush and toothpaste
- 10. Chapstick
- 11. Deodorant
- 12. Glasses/Contacts
- 13. Contact solution
- 14. Soap
- 15. Face wash
- 16. Shampoo/Conditioner
- 17. Dry shampoo
- 18. Brush
- 19. Blow dryer/Hair straightener
- 20. Hairbands
- 21. Bobby pins
- 22. Makeup
- 23. Lotion
- 24. Pillow
- 25. Breastfeeding pillow
- 26. Breast pads
- 27. Nipple cream
- 28. Gum
- 29. Charger
- 30. ID/Insurance cards



Support person:

- 1. 3 Set of clothes
- 2. Toothbrush and toothpaste
- 3. Deodorant
- 4. Shaving cream/Razor
- 5. Shower shoes
- 6. Glasses/Contacts
- 7. Charger
- 8. iPad/Tablet
- 9. Camera
- 10. Camera charger
- 11. Snacks

Baby:

- 1. Car seat
- 2. 2 Outfits (Onesies, Footie PJs, Pants, Socks)
- 3. 2 Receiving blankets
- 4. Going home outfit
- 5. Hand mittens
- 6. Pacifiers (and clip)
- 7. Aquaphor
- 8. Nail clippers