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## Hospital Bag Checklist

Before you head to the hospital, you'll want to have everything packed and ready. Check with your hospital or obstetrician to find out what items might be provided during your hospital stay.

If you're not sure where to start, this checklist can help.

General Necessities Pe	rsonal Care	Clothing
Admission forms/papers	Body wash/soap	Robe
Health insurance card	Shampoo & conditioner	Sweats & other loose-fitting garments
Folder with paperwork	Deodorant	Front-fastening nightgown
Your favorite pregnancy book	Mirror	Nursing pads & bras
Oh, and don't forget	Brush/comb	Slippers
	Hair bands	Thick socks
	Toothbrush & toothpaste	Underwear
	Floss	Oh, and don't forget
	Mouthwash/mints	en, and don't forget
For Your Baby	Glasses/contacts/solution	
Car seat	Facial cleanser	
Diapers for the trip home	Lip gloss/lip balm	
Seasonal outfit for the trip home	Body & facial lotion	
Hat/beanie	Makeup/cosmetics	
Socks/booties	Maxi pads	
Blankets	Prescription medications	
Oh, and don't forget	Razor & shaving cream	
	Oh, and don't forget	

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## Last-Minute Items The Little Extras Anything Else Cash & change Pictures of family Mobile phone & charger Camera (if permitted) Tablet & charger Favorite music/playlist Laptop & charger Gifts for siblings Directions to the hospital Magazines/reading material Phone numbers & email Snacks contact lists Your most comfortable pillow Oh, and don't forget... Oh, and don't forget...



