

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

- Admission forms/papers
- Health insurance card
- Folder with paperwork
- Your favorite pregnancy book

Oh, and don't forget...

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For Your Baby

- Car seat
- Diapers for the trip home
- Seasonal outfit for the trip home
- Hat/beanie
- Socks/booties
- Blankets

Oh, and don't forget...

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Personal Care

- Body wash/soap
- Shampoo & conditioner
- Deodorant
- Mirror
- Brush/comb
- Hair bands
- Toothbrush & toothpaste
- Floss
- Mouthwash/mints
- Glasses/contacts/solution
- Facial cleanser
- Lip gloss/lip balm
- Body & facial lotion
- Makeup/cosmetics
- Maxi pads
- Prescription medications
- Razor & shaving cream

Oh, and don't forget...

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Clothing

- Robe
- Sweats & other loose-fitting garments
- Front-fastening nightgown
- Nursing pads & bras
- Slippers
- Thick socks
- Underwear

Oh, and don't forget...

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Last-Minute Items

- Cash & change
- Mobile phone & charger
- Tablet & charger
- Laptop & charger
- Directions to the hospital
- Phone numbers & email contact lists

Oh, and don't forget...

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The Little Extras

- Pictures of family
- Camera (if permitted)
- Favorite music/playlist
- Gifts for siblings
- Magazines/reading material
- Snacks
- Your most comfortable pillow

Oh, and don't forget...

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Anything Else

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