**Hospital Bag List**

Baby’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Due Date: \_\_\_\_\_\_\_\_\_\_\_

PAPERWORK

* Birth plan
* Insurance card
* Pre-registration hospital paperwork

TOILET TREES

* Face wipes
* Travel shampoo, body wash and disposable loofah
* Toothbrush and toothpaste
* Hair ties
* Deodorant
* Razor
* Makeup
* Glasses
* Body/face moisturizer
* Facewash
* Hairbrush
* Carmex
* Breast pads

FOR BABY

* Baby clothes (bring newborn and 3 month sizes)
* 2 sleepers with fold-over mittens attached
* 1 hat (the hospital will also provide one)
* 2 onsies
* Going home outfit (something easy to put on with snaps or zipper)
* Baby blanket (if it’s cold)
* Cute swaddle for pictures (can also double as breastfeeding cover when guests come by)
* Baby nail clippers
* Velcro swaddle newborn
* Car seat installed

FOR MOM

* Large water bottle
* Nursing pillow
* Chapstick
* Gum
* Lanolin cream (nipple cream)
* Wear yoga pants to the hospital
* Leaving-the-hospital outfit (comfy and nursing friendly)
* 2 nursing bras without wire
* 2 nursing tanks
* Disposable flip flops - half size up
* Cute robe to wear after delivery
* Soft blanket
* Cozy socks with grips on the bottom
* Granny panties
* Coconut water and Gatorade
* Prenatal vitamins and Tylenol

FOR DAD

* Pajamas
* Next day outfit
* Socks and boxers
* List of people to text with updates
* Snacks!!!

MISCELLANEOUS

* Apple TV and HDMI cable OR iPad with pre-loaded movies
* Camera
* Chargers for phones
* Bluetooth speaker for music
* Gift to Alice from Ava. Gift from Ava to Alice (maybe Dad brings from home)
* Extra bag for stuff hospital sends you home with
* Baby log or app to track pees poos eating sleeping
* Treats for doctors/nurses (cookies, chocolates)
* Shallow cardboard boxes to keep in car for any flower vases
* Cooler for placenta encapsulation