

HOSPITAL BAG CHECKLIST

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MAMA

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BABY

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DAD

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NOTES

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Planned C-section

HOSPITAL BAG CHECKLIST

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MAMA

Clothing

- Loose High Waisted Sweats or
- Night gown (2-3)
- Nursing friendly tops (2-3)
- Nursing Bra (1-2)
- C-section Panties/Granny Panties (1-2)
- Slippers
- Shower Shoes
- Grippy Socks
- Robe
- Going Home Outfit - loose
- C-section Belly Girdle or Support Panties

(Sometimes hospital provides this)

- Shoes for going home
- Pads or adult diapers

Toiletries

- Hair /Body/ Face Wash / Face Wipes
- Deodorant / Lotion/ Chappie
- Hair ties/ brush
- Make up & mirror
- Old Towel for Car ride home

Health Items

- Prenatals / Stool Softeners / Fiber Gummies
- Peppermint oil for toilet (helps relax)
- Scar Strips

Hospital Stay

- Insurance, drivers license, pre-registration papers
- Phones Chargers (2 Mom+dad)
- Pillow & Blanket from home
- Snacks & Water Bottle
- Shower Towels (2) (mom+dad)

BABY

Clothing

- Going home outfit
- Swaddles 1-2
- Hat, Mittens, Socks, Onsie (2-3)
- Carseat
- Diapers/ Wipes/ Ointments
- Burp Clothes + Changing Pad

Nursing

- Nursing Pillow
- Nipple Balm, Bra Pads, (shields/covers)
- Breast Pump

DAD

Clothing

- Change of Clothes 2
- Button down shirt for skin2skin
- PJS
- toiletries
- Slippers, socks

NOTES+EXTRAS

BIRTH PREFERENCES

Name: _____

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LABOR :

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AFTER DELIVERY:

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DURING DELIVERY:

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ID LIKE BABY:

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NOTES

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EXTRA NOTES

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