

HOSPITAL BAG

CHECKLIST

For Birth

CLOTHING FOR MOM

- ☐ Loose Comfy Clothes|Pyjamas
- ☐ Underwear
- ☐ Nursing Bras
- ☐ Nursing tops| Tanks| Outfits
- ☐ Nursing Pads
- ☐ Maternity Pads| Adult Diapers
- ☐ Socks
- ☐ Going Home Outfit-comfy
- ☐ Slippers| Flip Flops
- ☐ Bath Towel| Face Towel
- ☐ Nipple Cream

BABY ESSENTIALS

- ☐ Blankets| Shawls-Warm
- ☐ Diapers-newborn or 0-3month
- ☐ Rompers|Onesies|Vests|Mittens
- ☐ Socks|Hats|GoingHomeOutfit
- ☐ Wipes |Cotton Wool balls
- ☐ Burp Cloths |Wash cloths
- ☐ Bath Towel

OTHER ESSENTIAL ITEMS

- ☐ Phone| Phone Chargers
- ☐ Snacks
- ☐ Car Seat

IMPORTANT DOCUMENTS

- ☐ National ID
- ☐ Insurance Card and/ or Cash
- ☐ Maternity Health booklet
- ☐ Admission| Referral letter

TOILETRIES

- ☐ Hair Brush
- ☐ Soap
- ☐ Toothpaste
- ☐ Toothbrush
- ☐ Face and Body lotion
- ☐ Tissue Paper
- ☐ Deodorant
- ☐ Lip Balm| Mini-Makeup Kit
- ☐ Shampoo |Conditioner
- ☐ ...
- ☐ ...

MISCELLANEOUS

- ☐ Water bottle
- ☐ Breast Pump
- ☐ Hair Clip| Hair Band
- ☐ Basin
- ☐ Breastfeeding Pillow
- ☐ Music| Book| Movies
- ☐ Camera