

Hospital Bag Checklist
for mom

Glasses/contacts (contact solution, if needed)	
Cell phone charger	
Electronics (phone, nice camera, headphones)	
Medicines (prenatals, any prescriptions)	
Cocoa butter/lip balm	
Hair brush	
Toothbrush, toothpaste, mouth wash	
Shampoo & conditioner	
Deodorant	
Face wash & face wipes	
Makeup	
Hair accessories (scrunchies, headband, ponytails)	
Nonskid/grip warm socks	
Robe	
Nursing bras & nursing pads	
Loose lightweight clothing	
Going home outfit	
Maternity underwear you don't mind ruining	
Nursing friendly nightgown	
Boppy pillow for breastfeeding	
Normal pillow for sleeping	
Bath towel for showering	
Snacks	
Change for vending machine	