

The Ultimate Hospital Bag Checklist

For Mom

- Hospital bag
- Baby Shusher
- Eye Mask
- Long phone cord charger
- Primally Pure Deodorant
- Lip Balm
- Travel toothbrush
- Toiletry bottles
- Bluetooth speaker
- Noise canceling headphones
- Diffuser
- Essential oils
- Heating pad
- Wipes for body
- Fuzzy socks
- Nursing bra
- Comfy undies
- Nipple cream
- Hospital gown
- Breastfeeding friendly pajamas
- Comfy outfit to lounge in
- Breast feeding pillow
- Binto prenatal vitamins

For Baby

- Baby blanket
- Go home outfit
- Footies
- Baby file/nail clippers
- Swaddle blanket
- Car seat
- Car seat cover

For Dad / Partner

- Change of nice clothes
- Comfy lounging clothes
- Deodorant/toiletries
- Toothbrush
- Phone charger
- Change for vending machine

Extras

- Extra bag to take home supplies
- Extra pillow/blankets for comfort
- Makeup to freshen up for photos
- Your own towels
- Shower shoes/flip flops
- Extra pads
- Adult diapers/depends
- Homemade rice sock for portable heat

Snack Ideas

- Nuun tabs
- Trail mix
- Popcorn
- Chips/pretzels/crackers
- RXBars
- Dried mango
- Dates
- Peanut butter packets
- Organic fruit leather/strips
- Majka energy bites
- Energy bites
- Fig Newton bars
- Oatmeal Cups
- Homemade healthy granola

