

# hospital bag checklist

## for mom

- nightgown/pajamas (post-delivery)
- nursing bra/tank (x2)
- cheap granny panties (x2) (comfortable)
- socks (x2)
- slippers (non-stick bottom)
- sandals (for shower)
- coming home clothes (loose and comfy)
- shampoo/conditioner
- face wash/moisturizer/make-up
- hairbrush/hair ties (important for labor!)
- toothbrush/toothpaste
- deodorant
- lip balm (for labor, too)
- nursing pads
- lanolin cream
- swimsuit top (optional for labor)

\*\*\*\*\* amber's tip\*\*\*\*\*  
don't feel obligated to get dolled  
up post-delivery. You're beautiful  
no matter what!

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## extras

- cellphone & charger
- camera and charger/batteries
- iPad/laptop & charger
- gifts for nurses
- speaker or headphones
- cash for valet and vending machines
- identification
- birth plan (multiple copies)
- insurance information
- hospital admission forms
- extension cords

## for partner

- comfy clothes (for overnight stay)
- change of clothes
- socks
- toiletries
- snacks
- water bottles

\*\*\*\*\* amber's tip\*\*\*\*\*  
get your car seat professionally  
installed several weeks before  
your due date, if possible

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## for baby

- car seat (already installed)
- stocked diaper bag (see below)
- blanket or swaddle (aden and anais are AMAZING, check them out at The Changing Table in OKC)
- going home outfit
- hat or headband
- nursing pillow (breast-friend is my favorite)

\*\*\*\*\* amber's tip\*\*\*\*\*  
hospitals typically provide diapers  
and wipes, but bringing your own  
can be helpful

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