

# Essential Hospital Bag Checklist

Before you head to the hospital, you'll want to have everything packed and ready. **If you're not sure where to start, this hospital bag checklist can help.**



Check with your hospital or obstetrician to find out what items might be provided during your hospital stay.

## General Necessities

- ☐ Admission forms/papers
- ☐ Health insurance card
- ☐ Folder with paperwork
- ☐ Your favorite pregnancy book
- ☐ Camera and/or video camera
- ☐ Extra batteries

☐ Oh, and don't forget ...

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## For Your Baby

- ☐ Car seat
- ☐ Diapers for the trip home
- ☐ Seasonal outfit for the trip home
- ☐ Hat/beanie
- ☐ Socks/booties
- ☐ Blankets

☐ Oh, and don't forget ...

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## Clothing

- ☐ Robe
- ☐ Sweats and other loose-fitting garments
- ☐ Front-fastening nightgown
- ☐ Nursing pads and bras
- ☐ Slippers
- ☐ Thick socks
- ☐ Underwear

☐ Oh, and don't forget ...

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## Personal-Care Items

- |                                              |                                                    |                                                 |
|----------------------------------------------|----------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Similac® travel bag | <input type="checkbox"/> Floss                     | <input type="checkbox"/> Hair bands             |
| <input type="checkbox"/> Body soap           | <input type="checkbox"/> Toothpaste                | <input type="checkbox"/> Lip gloss/lip balm     |
| <input type="checkbox"/> Shampoo             | <input type="checkbox"/> Toothbrush                | <input type="checkbox"/> Body and facial lotion |
| <input type="checkbox"/> Conditioner         | <input type="checkbox"/> Deodorant                 | <input type="checkbox"/> Makeup/cosmetics       |
| <input type="checkbox"/> Mirror              | <input type="checkbox"/> Glasses/contacts/solution | <input type="checkbox"/> Maxi pads              |
| <input type="checkbox"/> Brush/comb          | <input type="checkbox"/> Facial cleanser           | <input type="checkbox"/> Mouthwash/mints        |

☐ Prescription medications

☐ Oh, and don't forget ...

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## Last-minute Items

- ☐ Cash and change
- ☐ Mobile phone and charger
- ☐ Electronic planner
- ☐ Laptop
- ☐ Map or printed directions

☐ Oh, and don't forget ...

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## The Little Extras

- ☐ Pictures of family
- ☐ Portable DVD player
- ☐ Extra memory for camera
- ☐ MP3 player with your favorite songs
- ☐ Film and tapes
- ☐ Gifts for siblings
- ☐ Magazines/reading material
- ☐ Snacks
- ☐ Suckers and hard candy
- ☐ Your most comfortable pillow

☐ Oh, and don't forget ...

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## For Dad

- ☐ Change of clothes
- ☐ Snacks
- ☐ Books and magazines
- ☐ Spare T-shirt
- ☐ Toothbrush and toothpaste
- ☐ Razor and shaving cream
- ☐ Face wash
- ☐ Phone number and email address contact list

☐ Oh, and don't forget ...

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