



hospital BAG

Toiletries

- shampoo
- conditioner
- body wash
- lotion
- face wash
- moisturizer
- deodorant
- Q-tips
- nipple butter
- toothbrush
- toothpaste
- razor
- Tums
- prenatal vitamins
- Advil / Tylenol
- lip balm

Hair

- dry shampoo
- hair ties
- scrunchie
- headband
- brush
- bobby pins
- 1 hot tool (optional)

Clothes

- robe
- nursing PJs / nightgown
- nursing bras
- nursing tanks
- leggings
- flip flops
- high waisted underwear
- cardigan or hoodie
- going home outfit (comfortable)

Electronics

- camera
- camera charger
- memory cards
- extra battery
- headphones / earbuds
- microphone (for camera)
- playlist
- portable bluetooth speaker
- extra-long phone charger
- ipad (load with shows)

Snacks

- hard candy
- gummy candy
- nuts
- gum
- mints
- dried fruit

Breastfeeding

- breast pump
- nursing pillow
- breast pads
- vitamin D
- nipple cream

For Dad/Partner

- comfortable clothes
- PJs
- toiletries
- phone + charger
- laptop
- snacks (see snack list)

Comfort / Extras

- night light
- LED tea candles
- sibling gifts / outfits
- essential oils / diffuser
- belly wrap
- fuzzy socks
- water bottle
- minimal makeup
- sleeping mask
- pillow from home
- travel coffee mug

Baby

- 2 swaddles
- letterboard
- photo props (optional)
- anti-scratch mittens
- coconut oil
- hats / bows
- 2 sleepers / sleeping gowns
- 1 swaddle wrap
- 2 pacifiers
- nail clippers
- nasal aspirator
- car seat
- socks / booties
- burp cloths
- going home outfit
- diaper cream
- wipes
- diapers (just a few)

Other / Documents

- file holder
- notepad + pens
- thank you cards (for hospital staff)
- small gift for hospital staff
- wallet