

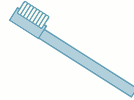
My Hospital Bag

ESSENTIALS CHECK-LIST

Clothing

✓ Qty

- Post-partum nursing hospital gown
- Nursing tops/bras
- Stretchy/comfy pants
- Socks
- Sweater
- Robe
- Slippers
- Going home outfit



Toiletries

✓ Qty

- Toothbrush/paste/floss/mouthwash
- Shampoo/conditioner/hairbrush
- Unscented body wash
- Unscented lotion/deodorant
- Hair ties
- Facial cleanser
- Lip balm
- Pre/post-natal vitamins

Nursing essentials

✓ Qty

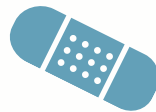
- Boppy pillow
- Nipple butter
- Haakaa manual pump
- Breast pump (optional)



Self-care

✓ Qty

- Fridamom postpartum recovery kit OR
- Disposable underwear
- Dermoplast - Pain, burn & itch
- Ice pack maxi pads
- Witch hazel liners
- Witch hazel foam
- upside down bottle
- Refills for Frida recovery kit (optional)



Leisure

✓ Qty

- Phone/charger
- Laptop/charger
- HDMI cable
- Movies
- Headphones
- Books/magazines
- Card games/puzzles/etc.
- Diffuser (optional)



Snacks

✓ Qty

- Gatorade
- Crackers
- Fruit snacks
- Hard candies for labor
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Important

✓ Qty

- Insurance card
- Drivers license
- Birth plan
- Infant car seat



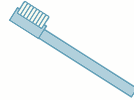
Dad & Baby Hospital Bag

ESSENTIALS CHECK-LIST

Clothing

✓ Qty

- Underwear
- Socks
- T-shirts
- Comfy shorts/pants
- Sweater/Robe
- Supportive shoes for during labor
- Slippers
- Going home outfit



Newborn essentials

✓ Qty

- Extra blankets
- Swaddle/sleep sack
- Burp cloths
- Mittens (to prevent scratching)
- Diaper cream
- Petroleum jelly (for circumcisions)
- Extra hats/socks
- Going home outfit (a few sizes just in case)

Toiletries

✓ Qty

- Toothbrush/paste/floss/mouthwash
- Shampoo/conditioner
- Body wash/other cleansers
- Deodorant
- Extra towels
- Medications



Snacks

✓ Qty

- List dad's must haves here:
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-
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-
-
-
-

Leisure

✓ Qty

- Phone/charger
- Laptop/charger
- HDMI cable
- Movies
- Headphones
- Books/magazines
- Card games/puzzles/etc.



Noteworthy:

Important

✓ Qty

- Insurance card (if different from mom)
- Drivers license
- Diaper bag (packed)



