

# HOSPITAL GO - BAG CHECKLIST

## Clothing

- \_\_\_\_\_ Robe
- \_\_\_\_\_ 2-3 loose fitting PJs or outfits
- \_\_\_\_\_ 2-3 pairs warm gripper socks
- \_\_\_\_\_ Slippers
- \_\_\_\_\_ A going home outfit
- \_\_\_\_\_ Slip on shoes
- \_\_\_\_\_ Flip flops for the shower

## Self-Care

- \_\_\_\_\_ Your own toiletries
- \_\_\_\_\_ A towel from home
- \_\_\_\_\_ Hair brush
- \_\_\_\_\_ Hair ties
- \_\_\_\_\_ Chapstick
- \_\_\_\_\_ Hand lotion
- \_\_\_\_\_ Contacts/Glasses
- \_\_\_\_\_ Contact solution & case
- \_\_\_\_\_ Facewash
- \_\_\_\_\_ Deodorant
- \_\_\_\_\_ Make up (if you feel like it)

## Breastfeeding

- \_\_\_\_\_ 2-3 Nursing bras
- \_\_\_\_\_ 2-3 Nursing tank tops
- \_\_\_\_\_ Breastfeeding pillow or boppy
- \_\_\_\_\_ Insulated water bottle

## Logistics

- \_\_\_\_\_ A super long phone cord
- \_\_\_\_\_ Birth plan if you have one
- \_\_\_\_\_ Sticky note on top of the bag with a list of last minute items (ID, insurance cards, etc.)

## Food

- \_\_\_\_\_ Healthy snacks
- \_\_\_\_\_ Gatorade or electrolyte drinks
- \_\_\_\_\_ Cash for vending machines

## Pain Relief

- \_\_\_\_\_ Instant ice maxi pads
- \_\_\_\_\_ Upside down peri bottle
- \_\_\_\_\_ Dermoplast spray

## For Baby

- \_\_\_\_\_ 2-3 swaddles/receiving blankets
- \_\_\_\_\_ 1 or 2 hats
- \_\_\_\_\_ A pair of scratch mittens
- \_\_\_\_\_ Going home outfit
- \_\_\_\_\_ Baby blanket for the car
- \_\_\_\_\_ Car seat (in the car)

## For Partner

- \_\_\_\_\_ 2-3 changes of clothes
- \_\_\_\_\_ Hoodie or jacket for food runs
- \_\_\_\_\_ A reusable water bottle
- \_\_\_\_\_ A good pillow/blanket
- \_\_\_\_\_ Toiletries
- \_\_\_\_\_ Any medications
- \_\_\_\_\_ Warm socks

## Other Things to Consider

- \_\_\_\_\_ Bluetooth speaker and/or headphones
- \_\_\_\_\_ Pillows from home
- \_\_\_\_\_ An extra bag for all the hospital freebies
- \_\_\_\_\_ Sound machine night light (eg, Hatch)
- \_\_\_\_\_ Gum to help with nausea
- \_\_\_\_\_ A thank you for the nurses