

Hospital Bag Checklist

THRIFTYINPINK.BLOG

TOILETRIES

- Travel shampoo, conditioner, body wash & lotion
- Deodorant
- Chap-stick
- Toothbrush/Tooth paste
- Mouthwash
- Hair Ties
- Bobby Pins
- Face Wash
- Make-up Wipes
- Basic Make-up Necessities
- Hand Sanitizer

ELECTRONICS

- Phone
- Phone Charger
- Camera (optional)

DOCUMENTS

- Photo ID
- Insurance Card
- Folder for documents

CLOTHING

- 3 pairs of large underwear
- Fuzzy socks
- 2 sets of Pajamas
- Going home outfit

NURSING ESSENTIALS

- 2 Nursing Bras
- Lanolin Gel
- Soothing Gel pads
- Nursing Pads

THINGS FOR BABY

- Carseat
- 2 Outfits
(be sure to include: socks & baby mittens)
- Extra diapers
(hospital will also provide)

OTHER

- Water Bottle
- Snacks

The hospital usually provides feminine pads, mesh underwear and other sanitary products, along with a few diapers and wipes.

You can contact your provider to find out what else they provide.