

# HOSPITAL BAG CHECKLIST

## WHAT YOU NEED IN YOUR HOSPITAL BAG?



### FOR MOM

- |                                       |  |   |
|---------------------------------------|--|---|
| <input type="checkbox"/> BIRTH PLAN   | <input type="checkbox"/> TOILETRIES    | <input type="checkbox"/> PJS AND OUTFOOR OUTFIT |
| <input type="checkbox"/> DERMOPLAST   | <input type="checkbox"/> NURSING BRAS  | <input type="checkbox"/> PHONE AND CHARGER      |
| <input type="checkbox"/> SPRAY BOTTLE | <input type="checkbox"/> ADULT DIAPERS | <input type="checkbox"/> SLIPPERS AND SOCKS     |

### FOR PARTNER

- EXTRA CLOTHES
- PHONE AND CHARGER
- WATER AND SNACKS
- SLIPPERS
- TOILETRIES

### FOR BABY

- BODY SUITS
- SLEEPERS
- SOCKS / MITTENS
- SWADDLE BLANKET
- CAR SEAT
- DAIPERS/ WIPES

*Crying Toddlers*