

Hospital Bag Checklist

FOR MAMA

- Comfy clothes/ nursing gown
- Flip Flops
- Fluffy, grip socks
- Postpartum undies
- Nipple Cream
- Chapstick
- Toothbrush/paste
- Mouthwash
- Dry shampoo
- Hair brush
- Hair tie
- Hair band
- Face wash/cleanser
- Lotion
- Makeup
- Energy Gels/Packets
- Phone Charger
- Affirmation Cards
- Music Playlist
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FOR BABY

- Diapers
- 2 onesies/sleepers
- 2 swaddle blankets
- Nursing pillow
- Car seat
- Pacifier
- 1 fluffy blanket
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