



SIMPLEST™

The Ultimate Hospital Bag Check List

We have pulled together the must-have list for packing
a hospital bag for you, your partner and your baby.

HOSPITAL BAG LABOR CHECKLIST



DOCUMENTS: Your ID, insurance information, and birth plan (a few copies).



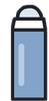
BATHROBE: A super comfortable robe.



SOCKS: A couple of pairs of comfy nonskid socks.



SLIPPERS & FLIP-FLOPS: To wear in the shower.



LIP BALM: Your lips will become dry during delivery.



LOTION: Some body lotion or massage oil for a massage to ease sore muscles.



SPRAY BOTTLE: You may get hot during delivery, and a nice spritz might help cool you off.



PILLOW, SHEET, & BLANKET: Having your own more comfortable pillow and blanket can be comforting.



ENTERTAINMENT: Your favorite music or other entertainment to distract you and pass the time.



EAR PLUGS: If you are sensitive to noise you might want ear plugs or sound canceling headphones.



EYE MASK: For labor and after delivery.



HAIR TIES: Have some hair ties or headbands.



TOILETRIES: Toothbrush, travel-size toothpaste, mouthwash, deodorant, shampoo, and conditioner.



HAIRBRUSH: Your hairbrush and/or comb.



EYE CARE: Bring your glasses, contacts, lens case, and contact solution.



MEDICATIONS: Be sure to bring any prescription medications.



WATER BOTTLE: Take a reusable water bottle.



HARD CANDY: Sugar-free hard candy to alleviate dry mouth and freshen your breath.



SNACKS: Something to nibble on if approved by your doctor.



PJs: Super comfy pajamas or night gown.

HOSPITAL BAG PARTNER CHECKLIST



SNACKS: Having some yummy treats is nice to keep your energy up. Have some change for vending machines.



PHONE & CAMERA: Have your phone or camera ready.



CHARGERS: Make sure you have chargers for your phone, laptop, and/or tablet.



CLOTHING: You may want a change of clothes and something to sleep in.



VENDING MACHINE: You may want to have money for the vending machines.



ENTERTAINMENT: Soothing music, games, books, magazines, whatever you'll need.



MEDICATION: Medication that you normally take.



CORD BANKING KIT: Be sure to bring it with you, if banking tissue or cord blood.



TOILETRIES: Toothbrush, travel-size toothpaste, tissues, mouthwash, deodorant, shampoo, and conditioner.



PILLOW & BLANKET: Having your own more comfortable pillow and blanket can be nice.

HOSPITAL BAG BABY CHECKLIST



CAR SEAT: A must-have; you can't leave the hospital without one.



BABY OUTFIT: Weather-appropriate clothing, with socks or booties to take the baby home in.



PEDIATRICIAN INFO: Just in case it is needed.



BABY BLANKET: The hospital may give you one, but it's best to be prepared.



BABY HAT: Babies lose a lot of heat from their heads, so cover it to keep them warm.

HOSPITAL BAG POST-DELIVERY CHECKLIST



NIGHTGOWN: A comfy, loose gown, one that is easy to open in front for breastfeeding.



MATERNITY PADS: Heavy flow, thick and long sanitary pads, or adult diapers.



UNDERWEAR: Several pairs of postpartum underwear.



NURSING BRAS/TANKS: Support for swollen, tender breasts.



PHONE CHARGER: Make sure you have chargers for your phone, laptop, and /or tablet.



CLOTHING: If you want to lose the gown, try some maternity yoga pants and tops. Keep them loose and comfortable.



MORE SNACKS: Nutritious nibbles like crackers, granola, apple, nuts, etc. if you get the munchies.



NIPPLE CREAM: In case your nipples get chapped.



TOWEL: Hospital towels are not the softest; consider bringing your own bath towel and washcloth.



PERINEAL SPRAY: Your call; the hospital may give you one or you can bring your own.



TOILETRIES: Toothbrush, travel-size toothpaste, mouthwash, deodorant, shampoo, and conditioner.



NURSING PADS: To absorb any leaks.



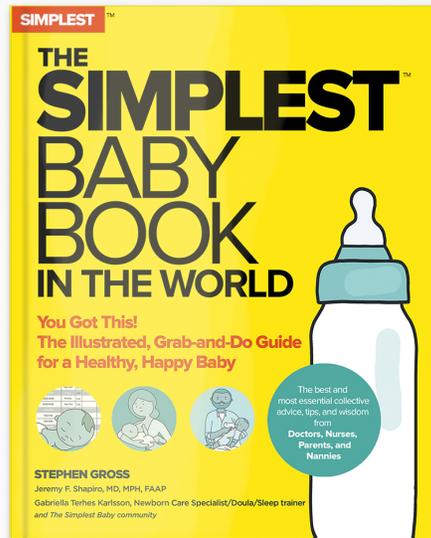
WET WIPES: Having these for little cleanups can be handy.



COSMETICS: Some makeup for whatever might make you feel good.

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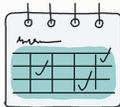
BABY BASICS MADE EASIER

All the first-year baby basics distilled to their essentials make finding solutions to common baby issues quick and simple.



INSTANT KNOW-HOW

Clear explanations and practical steps provide the fundamentals for all key baby-care practices.



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