

Essential Hospital Bag Checklist

Before you head to the hospital, you'll want to have everything packed and ready. **If you're not sure where to start, this hospital bag checklist can help.**



Check with your hospital or obstetrician to find out what items might be provided during your hospital stay.

General Necessities

- Admission forms/papers
- Health insurance card
- Folder with paperwork
- Your favorite pregnancy book
- Camera and/or video camera
- Extra batteries

Oh, and don't forget ...

.....

.....

.....

.....

.....

.....

For Your Baby

- Car seat
- Diapers for the trip home
- Seasonal outfit for the trip home
- Hat/beanie
- Socks/booties
- Blankets

Oh, and don't forget ...

.....

.....

.....

.....

.....

.....

Clothing

- Robe
- Sweats and other loose-fitting garments
- Front-fastening nightgown
- Nursing pads and bras
- Slippers
- Thick socks
- Underwear

Oh, and don't forget ...

.....

.....

.....

.....

.....

.....

Personal-Care Items

- | | | |
|--|--|---|
| <input type="checkbox"/> Similac® travel bag | <input type="checkbox"/> Floss | <input type="checkbox"/> Hair bands |
| <input type="checkbox"/> Body soap | <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Lip gloss/lip balm |
| <input type="checkbox"/> Shampoo | <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Body and facial lotion |
| <input type="checkbox"/> Conditioner | <input type="checkbox"/> Deodorant | <input type="checkbox"/> Makeup/cosmetics |
| <input type="checkbox"/> Mirror | <input type="checkbox"/> Glasses/contacts/solution | <input type="checkbox"/> Maxi pads |
| <input type="checkbox"/> Brush/comb | <input type="checkbox"/> Facial cleanser | <input type="checkbox"/> Mouthwash/mints |

Prescription medications

Oh, and don't forget ...

.....

.....

.....

.....

.....

.....

Essential Hospital Bag Checklist

Before you head to the hospital, you'll want to have everything packed and ready. **If you're not sure where to start, this hospital bag checklist can help.**



➤ Last-minute Items ➤

- Cash and change
- Mobile phone and charger
- Electronic planner
- Laptop
- Map or printed directions

Oh, and don't forget ...

.....

.....

.....

.....

.....

The Little Extras

- Pictures of family
- Portable DVD player
- Extra memory for camera
- MP3 player with your favorite songs
- Film and tapes
- Gifts for siblings
- Magazines/reading material
- Snacks
- Suckers and hard candy
- Your most comfortable pillow

Oh, and don't forget ...

.....

.....

.....

.....

.....

➤➤➤ For Dad ➤➤➤

- Change of clothes
- Snacks
- Books and magazines
- Spare T-shirt
- Toothbrush and toothpaste
- Razor and shaving cream
- Face wash
- Phone number and email address contact list

Oh, and don't forget ...

.....

.....

.....

.....

.....

