

The Baby Chick's

ULTIMATE HOSPITAL BAG CHECKLIST

What to pack for labor and delivery

MOM: LABOR & DELIVERY BAG

PAPERWORK

- Birth plan
- Insurance

RELAXED & COMFORTABLE

- Massage lotion
- Music
- Birth ball
- Motorized/handheld fan
- Magazines or book

APPAREL

- Labor outfit
- Socks
- Slippers

COMFORTS OF HOME

- Pillow
- Blanket
- Snacks & beverages
- Laptop / iPad

COSMETIC

- Brush
- Hair ties/ Headband
- Lotion
- Lip balm
- Toiletries
- Makeup
- Eyeglasses
- Contacts
- Contact solution

MOM: RECOVERY BAG

APPAREL

- Bathrobe
- Socks
- Slippers
- Comfy clothes
- Flip flops
- Nightgowns
- Going-home outfit

NURSING

- Nursing pads
- Nursing bra/tanks
- Nipple cream
- Nursing pillow
- Breast pump
- Disposable undies

ELECTRONICS

- Cell phone
- Phone charger
- Camera
- Camera charger
- Memory card

OTHERS

- Bath towel
- Pads

PARTNER'S BAG

- Cell phone & charger
- Camera & charger
- Memory card
- Magazines or book
- Change of clothes
- Toiletries
- Comfortable shoes
- Gifts for other child(ren)

- Pillow
- List of people to call
- Snacks & beverages
- Mints
- Money / cash
- Pen & paper
- Push present

BABY

- Onesies
- Car seat (installed)
- Going-home outfit
- Baby book
- Baby hat/bow
- Blanket
- Burp cloth
- Pacifiers