

HOSPITAL BAG CHECKLIST

FOR MOM



- Birth plan
- Toiletries.
- Change of clothes
- Cellphone and charger
- Journal
- Books or Magazines
- Sanitary pads
- Birthing ball
- Snacks
- Hair accessories
- Nursing bra
- Nursing pads
- Nursing pillow

FOR BABY



- Baby nail files, clippers or mittens
- Coming home outfit
- Baby Blanket
- Car Seat
- Nappies
- Photo props

FOR PARTNER



- Phone and charger
- Change of clothes
- Toothbrush
- Toothpaste
- Snacks



ZOIE