

HOSPITAL BAG CHECKLIST:

WHAT YOU REALLY NEED!

Oversized Bag

Nursing Bra

Non-Skid Socks

Bathrobe

Dark, comfortable pants

Slippers

Flip-flops

Depends

Perineal spray

Nipple Cream

Washable Breast Pads

Phone Charger (with long cord!)

Snacks

Going home outfit for Mom

Going Home Outfit for Baby

Toiletries/Hair Items

