

# Hospital birth checklist



## Mom

- ☐ 3 night gowns/pajamas
- ☐ Towel/bathrobe
- ☐ Hoodie/nightgown
- ☐ Maternity underwear
- ☐ Maternity pads/ disposable underwear
- ☐ Shower and bed slippers
- ☐ Phone charger
- ☐ Toiletries
- ☐ Hospital paperwork, photo ID
- ☐ (Nursing pillow)
- ☐ (Hairdryer)

## Delivery room

- ☐ Snack
- ☐ Water/energy drinks
- ☐ Lip balm
- ☐ Comfy shirt
- ☐ Hoodie
- ☐ Maternity underwear
- ☐ First baby outfit + 2 hats
- ☐ (USB with playlist)

## Baby

- ☐ 4 baby outfits (onesies, bodysuits, socks)
- ☐ 1 cotton hat
- ☐ Changing pad
- ☐ Massage oil/lotion
- ☐ Baby body wash
- ☐ Baby nail file
- ☐ Baby towel
- ☐ Swaddling blanket
- ☐ Cotton buds

WHEN IT'S TIME TO GO HOME...  
car seat, installed and ready to go!

