

Simple Hospital Bag Checklist

For Labor and Delivery:

- socks
- hair ties
- chapstick
- phone charger
- earbuds

For Mom:

- 2 or 3 maternity bottoms (fit at 6-7 months pregnant)
- 2 or 3 maternity t-shirts/tanks (fit at 6-7 months pregnant)
- sweater, robe, or lightweight jacket
- socks
- 2 nursing bras (day and night)
- toothbrush and toothpaste
- hairbrush
- dry shampoo
- deodorant
- makeup

For Baby:

- car seat
- going home outfit
- socks or booties
- blanket
- hat
- pacifier

Extras:
