

Hospital Bag Checklist

WHAT YOU REALLY NEED TO PACK

• WWW.FUELINGMAMAHOOD.COM

FOR MOM

- DELIVERY ROBE
- JAMMIE PANTS OR SWEATPANTS
- NURSING TANK
- NURSING BRA
- CARDIGAN
- SLIPPERS
- PILLOW
- SHAMPOO, COND. + DRY SHAMPOO
- TOILETRIES
- HAIR TIES + BOBBY PINS
- CHAPSTICK
- MEDICINES
- BINDER

FOR BABY

- COMING HOME OUTFIT
- BEANIE • BOPPY
- CARSEAT • SWADDLE BLANKET

FOR DAD

- SWIMMING TRUNKS
- TOILETRIES
- PILLOW + BLANKET
- CLOTHES
- SNACKS

ESSENTIALS

- WATER BOTTLE
- PHONE CHARGER
- INSURANCE CARDS
- PHONE + CAMERA

LABOR BAG

- ESSENTIAL OILS
- TENNIS BALL
- SHOWER DIFFUSER
- PLAYLIST + SPEAKER

OTHER

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- _____
- _____
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