

Hospital Bag Checklist For Mom

- ✓ **Toiletries**
- ✓ **Comfortable clothes**
- ✓ **Drinks**
- ✓ **Nipple cream**
- ✓ **Pillows and a bath towel**
- ✓ **Adult diapers**
- ✓ **Portable Bluetooth speaker and music playlist**
- ✓ **Birth plan (do you have one?)**
- ✓ **Socks**
- ✓ **Slippers and flip-flops**
- ✓ **Lip balm**
- ✓ **Body lotion or massage oil**
- ✓ **Water spray and sponge**
- ✓ **Eye mask and earplugs**
- ✓ **Eyeglasses, if you wear them**

Hospital Bag for Mom: After Delivery

- ✓ **Underwear**
- ✓ **Bras**
- ✓ **Cosmetics and skin care products**
- ✓ **Glasses and contact lenses**
- ✓ **Phone and charger**
- ✓ **Clothes**
- ✓ **Handouts and reference books**
- ✓ **Snacks and drinks**