

# Hospital Bag Checklist

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More details on each hospital bag item in the blog post:  
[timevalueofmommy.com/hospital-bag-items](http://timevalueofmommy.com/hospital-bag-items)



## Mother (carry-on suitcase)

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### Before Delivery

#### DOCUMENTS & MISC

- important info & contacts\*
- photo ID
- birth plan
- water bottle with straw
- hand cream

#### CLOTHING

- slip-on shoes
- compression socks
- high-waisted pants
- loose fitting top
- zip-up hoodie
- warm jacket
- bath robe

### Baby (overnight bag)

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- newborn diapers
- wet wipes
- swaddle blanket x 2
- newborn onesie x 2
- 0-3mo onesie x 2
- burp cloths x 3
- newborn pacifier x 2
- going home outfit with hat
- travel sound machine
- car seat

### After Delivery

#### CLOTHING

- nursing bra
- nipple cream
- breast pads
- nursing pillow
- eye-mask/cover
- button up PJs

#### TOILETRIES

- lip balm
- hair tie
- tooth brush and paste
- feminine wipes
- upward spray bottle
- disposable adult diapers

### Father (back-pack)

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- layers for clothes
- water bottle
- phone charger(s)
- photo ID and wallet
- toiletries
- snacks
- pen
- cash
- phone tripod