

# Hospital Checklist

With your baby's birth day is fast approaching, here are some essentials you do not want to forget to pack in your hospital bag.

## Birthing Person

- Health card and prenatal paperwork
- Robe
- Slippers or socks
- 2 pillows with pillow covers (not white)
- Music
- Hard candy
- Lip balm
- Water bottle
- Gatorade
- Toiletries
- Flip flops for shower
- Exercise ball if you want
- LED lights to create comforting mood
- Maxi pads
- Warm blanket from home
- Nursing bra/ tank tops
- Old underwear
- Comfortable outfit to drive home in
- Breast pads
- 2 pairs of pajamas/clothes for after baby is born (postpartum body usually fits 6 month pregnant clothes)
- Phone, headphones + charger

## Support Person

- Camera + charger
- 1-2 extra outfits
- Toothbrush + other toiletries
- Swimwear (if having a water birth)
- Snacks
- Movies
- Phone, headphones + charger

## Baby

- Car seat installed
- Warm outfits of varying sizes
- Blanket
- Diapers
- Wipes
- Mittens
- Receiving blankets/muslin
- An outfit to go home in
- Unopened bottle of olive oil

Other:

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