

HOSPITAL BAG

checklist

DAMMITHALI.COM

mom
for
baby
for

- Pajamas (two sets)
- Nursing bra
- Nursing-friendly tank
- Going home outfit
- Slippers
- Socks
- Shower shoes
- Lip balm
- Toothbrush
- Toothpaste
- Face wash
- Contact lens case and solution
- Deodorant
- Mascara
- Concealer
- Facial spray
- Dry shampoo
- Body wash

- Hair brush
- Flat iron
- Extra contacts
- Glasses
- Hair ties
- Nipple cream
- Dermoplast
- Earth Mama Perineal Spray
- Frida Mom Peri Bottle
- Adult diapers
- Breast pump
- Haakaa pump
- Towels and washcloths
- Comfort item
- Pillow
- Large cup for water
- Printed copy of birth wish list
- Phone charger

dad
for

- Diaper bag
- Socks
- Swaddle
- Hat
- Going home outfit
- Car seat
- Personalized items
with baby's name

- Change of clothes (two)
- Shower shoes
- Deodorant
- Socks
- Pajamas
- Snacks
- Large cup for water
- Phone charger
- Pillow
- Extra blanket