

The Baby Chick's

ULTIMATE HOSPITAL BAG CHECKLIST

What to pack for labor and delivery

MOM: LABOR & DELIVERY BAG

PAPERWORK

- ☐ Birth plan
- ☐ Insurance

RELAXED & COMFORTABLE

- ☐ Massage lotion
- ☐ Music
- ☐ Birth ball
- ☐ Motorized/handheld fan
- ☐ Magazines or book

APPAREL

- ☐ Labor outfit
- ☐ Socks
- ☐ Slippers

COMFORTS OF HOME

- ☐ Pillow
- ☐ Blanket
- ☐ Snacks & beverages
- ☐ Laptop / iPad

COSMETIC

- ☐ Brush
- ☐ Hair ties/ Headband
- ☐ Lotion
- ☐ Lip balm
- ☐ Toiletries
- ☐ Makeup
- ☐ Eyeglasses
- ☐ Contacts
- ☐ Contact solution

MOM: RECOVERY BAG

APPAREL

- ☐ Bathrobe
- ☐ Socks
- ☐ Slippers
- ☐ Comfy clothes
- ☐ Flip flops
- ☐ Nightgowns
- ☐ Going-home outfit

NURSING

- ☐ Nursing pads
- ☐ Nursing bra/tanks
- ☐ Nipple cream
- ☐ Nursing pillow
- ☐ Breast pump
- ☐ Disposable undies

ELECTRONICS

- ☐ Cell phone
- ☐ Phone charger
- ☐ Camera
- ☐ Camera charger
- ☐ Memory card

OTHERS

- ☐ Bath towel
- ☐ Pads

PARTNER'S BAG

- ☐ Cell phone & charger
- ☐ Camera & charger
- ☐ Memory card
- ☐ Magazines or book
- ☐ Change of clothes
- ☐ Toiletries
- ☐ Comfortable shoes
- ☐ Gifts for other child(ren)

- ☐ Pillow
- ☐ List of people to call
- ☐ Snacks & beverages
- ☐ Mints
- ☐ Money / cash
- ☐ Pen & paper
- ☐ Push present

BABY

- ☐ Onesies
- ☐ Car seat (installed)
- ☐ Going-home outfit
- ☐ Baby book
- ☐ Baby hat/bow
- ☐ Blanket
- ☐ Burp cloth
- ☐ Pacifiers