

Maternity Bag Checklist



For You

- Pajamas & Robe
- Socks & Slippers
- Underwear
- Shower Slippers/ Flip Flops
- Nursing Bras/Pads
- Going Home Outfit
- Pillow/Blanket
- Shampoo/Conditioner
- Deodorant
- Lanolin Cream
- Hair Brush/Hair Ties
- Lotion
- Face Wash
- Lip Balm
- Makeup (optional)
- Toothbrush/Toothpaste
- Small Notebook
- Glasses/Contacts
- Ear Plugs
- Relaxation Tools: Massage Ball & Heated Rice Bag

Technology

- iPad/Tablet
- Phone
- Camera
- iPod
- Headphones/Speaker
- Chargers
- Watch/Something to Time Contractions

For Baby

- Nursing Pillow
- Baby Blanket
- Infant Sleepers
- Hat
- Socks
- Mittens
- Going Home Outfit (0-3 mth size)
- Infant Car Seat
- Nail Clippers

For Dad

- Change of Clothes
- Flip Flops
- Deodorant
- Blanket
- Toothbrush/Toothpaste

Documents

- Your Birth Plan
- Insurance Cards
- Driver's License/ID
- Pre-registration Forms

Extras

- Snacks
- Water Bottles
- Cash for Vending Machine
- Gift for Sibling from Baby
- List of Who to Call