



Hospital Bag Checklist

For Mom

- Your birth plan
- A comfortable outfit
- Flip-flops or slippers
- A robe
- Postpartum underwear
- Maternity pads
- Nursing bra
- Nursing pillow
- Phone and charger
- Toiletries
 - Lip balm
 - Deodorant
 - Shampoo
 - Conditioner
 - Toothbrush
 - Toothpaste
 - Hairbrush

For Baby

- Car seat
 - Baby blankets
 - Footed pajamas
 - Diaper bag
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