

Hospital bag checklist

FOR MOM

- ☐ Feeding nightgowns
- ☐ One long scarf/Dupatta
- ☐ Socks
- ☐ Towels
- ☐ Feeding bras
- ☐ Disposable Underwear
- ☐ Sanitary napkins large
- ☐ Normal underwear
- ☐ A good set of clothes
- ☐ Abhaya/Overcoat or shrug
- ☐ Toiletries
- ☐ Breast Pads

FOR BABY

- ☐ Cloth diapers
- ☐ Disposable diapers
- ☐ Baby towel
- ☐ Baby soap
- ☐ Baby comb
- ☐ Socks, mittens, and caps
- ☐ Nail clippers
- ☐ Baby carrier
- ☐ Rubber sheet
- ☐ Wet wipes
- ☐ Cotton balls
- ☐ Wipe cloth
- ☐ A good set of clothes
- ☐ Receiving blankets

MISCELLANEOUS

- ☐ Earphones,
Charger Watch
- ☐ Flask
- ☐ Hot water bag
- ☐ Travel prayer mat
- ☐ Exercise ball
- ☐ Hairdryer
- ☐ Small hand towels
- ☐ Tumblers and
steel straws
- ☐ Sippy bottles
- ☐ Spoons
- ☐ Plates
- ☐ Mask

- ☐ Sanitizer
- ☐ Disposable gloves

COMFORT MEASURES

- ☐ Music player with
labor playlist
- ☐ Birth ball
- ☐ Essential oils
- ☐ Pillows with fun
covers
- ☐ Twinkly lights
- ☐ Scented candles
- ☐ Ice pack

- ☐ Pretty pictures of
family members
- ☐ Acupressure
rollers
- ☐ Squishy ball to
press in hand
- ☐ Robozzo cloth