

# HOSPITAL PACKING LIST

## MOM

- 2 comfortable outfits
- 1 set of pajamas
- 2 nursing bras
- 2 underwear
- sweatshirt
- toothbrush
- deodorant
- chapstick
- robe
- \_\_\_\_\_
- \_\_\_\_\_

## TOILETRIES

- shampoo & conditioner
- body wash / soap
- toothpaste
- hair brush / comb
- \_\_\_\_\_
- \_\_\_\_\_

## DAD

- 4 comfortable outfits
- 2 sets of pajamas
- 4 underwear
- 4 socks
- sweatshirt
- toothbrush
- deodorant
- \_\_\_\_\_
- \_\_\_\_\_

## BABY

- 2-3 outfits
- 2-3 blankets
- 1-2 pacifiers
- swaddle
- \_\_\_\_\_
- \_\_\_\_\_

## OTHER ESSENTIALS

- 2 phone chargers
- birth plan
- \_\_\_\_\_
- \_\_\_\_\_