

Hospital Checklist- Mom Edition

Check In:

- Identification Card
- Insurance Card

Clothes:

- To Hospital Outfit
- Night Gown
- Going Home Outfit
- After Birth Outfit
- Grippy Socks
- Nursing Bras

Postpartum Care Products:

- Depends
- Postpartum Undies
- Dermoplast
- Pads

Breastfeeding Essentials:

- Nipple Cream
- Silverette Nursing Cups
- Nursing Pads
- Breast Pump
- Hakka or Milk Collector Cups

Snacks & Drinks:

- Favorite Water Bottle/drinks
- Favorite Snacks

Toiletries:

- Lip Balm
- Hair Ties/Clips
- Toothbrush
- Toothpaste
- Mini Shampoo/conditioner
- Body Wash
- Body Lotion
- Makeup Remover
- Deodorant
- Hair brush
- Contact Lenses & Solution
- Glasses
- Makeup

Shoes:

- Crocs or Slippers

Extras:

- Long Phone Charger
- Bobby Pillow

Remember this is a general guideline, you can always add items or take away from this checklist, I hope this helps!

