

# april & october

## Hospital Bag List

### For Mom:

BIRTH PLAN  
INSURANCE

LABOR OUTFIT  
BATHROBE

SOCKS  
SLIPPERS  
COMFY CLOTHES  
GOING HOME OUTFIT

NURSING PADS  
NIPPLE CREAM  
NURSING BRA  
DISPOSABLE UNDIES  
ABDOMINAL BINDER  
PADS

MASSAGE LOTION  
MUSIC  
MAGAZINE/BOOK

PILLOW  
BLANKET  
SNACKS  
BEVERAGES

GLASSES  
CONTACTS  
CONTACT SOLUTION  
LIP BALM

CELL PHONE  
PHONE CHARGER  
CAMERA  
CAMERA CHARGER  
MEMORY CARD  
LAPTOP/TABLET  
CHARGER

BRUSH  
HAIR TIE  
HEADBAND

LOTION  
SHAMPOO  
CONDITIONER  
BODY WASH  
TOOTHBRUSH  
TOOTHPASTE  
RAZOR

### For Baby:

BODY SUITS  
SOCKS  
GLOVES  
HAT/BOW

BURP CLOTH  
PACIFIERS  
BLANKETS

CAR SEAT  
BABY CARRIER

GOING HOME OUTFIT