



Hospital Bag Checklist

Do you have everything that you need for your hospital stay? Not only do you need the essentials in your *My Pure Delivery*[™] bag, but you will also need important items such as your insurance card, your ID, money, clothes, etc.

Here is a checklist to ensure your readiness when baby arrives!



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MOM:

- | | |
|---|--|
| <input type="checkbox"/> Hospital admission forms | <input type="checkbox"/> Paper/notepad |
| <input type="checkbox"/> Health insurance card | <input type="checkbox"/> Cash (for parking or vending machines) |
| <input type="checkbox"/> ID | <input type="checkbox"/> Cord blood collection kit (if applicable) |
| <input type="checkbox"/> Birth plan (multiple copies) | <input type="checkbox"/> Pen |

PERSONAL CLOTHING:

- | | |
|--|---|
| <input type="checkbox"/> Robe | <input type="checkbox"/> Underwear |
| <input type="checkbox"/> Slippers (non-skid) | <input type="checkbox"/> Bra |
| <input type="checkbox"/> Comfortable night gowns
(preferably easy access for breastfeeding) | <input type="checkbox"/> Socks |
| <input type="checkbox"/> Comfortable clothes for daytime | <input type="checkbox"/> Outfit for discharge |
| | <input type="checkbox"/> Shoes for discharge |

PERSONAL TOILETRIES:

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Make-up | <input type="checkbox"/> Body wash |
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Face cleanser |
| <input type="checkbox"/> Shampoo | <input type="checkbox"/> Washcloth |
| <input type="checkbox"/> Conditioner | <input type="checkbox"/> Body lotion |
| <input type="checkbox"/> Hair gel | <input type="checkbox"/> Face moisturizer |
| <input type="checkbox"/> Brush/comb | <input type="checkbox"/> Ponytail Holder/Head band |
| <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Maxi pads |
| <input type="checkbox"/> Tooth paste | <input type="checkbox"/> Glasses/contacts/eye solution |
| <input type="checkbox"/> Floss | <input type="checkbox"/> Medications |
| <input type="checkbox"/> Nipple Cream | <input type="checkbox"/> Nursing Pads |
| <input type="checkbox"/> Mouthwash | <input type="checkbox"/> Hand Sanitizer |

DURING LABOR SUPPLIES:

- Stopwatch (to time contractions)
- Birth ball
- Comfortable pillow
- Massage oil/lotion

ENTERTAINMENT:

- Snacks
- Mints/gum/hard candy
- Phone and charger
- DVD movies
- iPod (or other musical device) and charger
- Camera/video camera with charger, extra battery pack and extra batteries
- Laptop/portable DVD player and charger
- Books/magazines

BABY:

- Car seat
- Clothes to go home in (Washed)
- Receiving blankets (Washed)
- Socks/booties (Washed)
- Hat (Washed)
- Diapers

DAD/SUPPORT PERSON:

- Clothes
- Razor
- Shaving gel
- Deodorant
- Conditioner
- Shampoo
- Brush/comb
- Toothbrush
- Tooth paste
- Floss
- Mouthwash
- Body wash

NOTES:
