MO the MIDWIFE

EDUCATE • SUPPORT • EMPOWER

Hospital Bag List

Be Prepared • Be Comfortable • Focus on Your Baby



Mommy Essentials

- [ ] ID and insurance card
- [ ] Phone charger
- [ ] Pillow
- [ ] Couple pair of socks & flip flop or slippers
- [ ] Comfortable loose (preferably dark) pajamas for post-partum
- [ ] Comfortable bra, nursing bra if you plan to breastfeed
- [ ] Maxi pads (just in case you don't like what the hospital has)
- [ ] Something for entertainment (iPad, word puzzle, phone)
- [ ] Favorite soap/body wash & lotion for mom
- [ ] Toiletries: toothpaste, toothbrush, deodorant, hair ties
- [ ] Plastic bag for dirty clothes
- [ ] Skin care products & makeup, if that's your usual routine
- [ ] Favorite snack/drink
- [ ] Lip balm

Baby Essentials

- [ ] Car Seat
- [ ] Pacifiers
- [ ] Boppy Pillow
- [ ] Breastfeeding Cover (if you have one)
- [ ] Socks & booties
- [ ] Baby's First Outfit, Going Home Outfit



Do not bring Diapers or Wipes.

MO the MIDWIFE

EDUCATE • SUPPORT • EMPOWER