

hospital bag check list

important documents:

- Identification and Insurance Information
- Birth Plan

clothing and comfort:

- comfy robe, nightgowns, and loose-fitting underwear
- Footwear
- Warm Layers
- Swimwear

toiletries and personal care:

- Toothbrush and
- Hair Care Essentials:
- Skin Care
- nursing bras, nursing pads, and nipple cream.

entertainment and relaxation:

- Reading Material
- Music Playlist
- Snacks

labour support items:

- Massage Oil:
- Birthing Ball:
- Birthing Affirmation cards

postpartum care:

- Maxi Pads and Comfortable Underwear
- Perineal Spray or Balm
- Baby Essentials

electronics and chargers:

- Phone and Charger
- Camera or Video Camera

comforts of home:

- Favorite Pillow or Blanket
- Battery-operated candles: