

# Baby Hospital Bag Checklist

## Paperwork

Mom's id  
insurance card  
hospital forms  
[birth plan](#)  
contact list

## Labor Supports

bathing suit (2 piece)  
tennis ball  
rice sack / heating pad  
massage oil  
relaxing music

## Other

[herbal tea \(Lindsay's great Mama tea recipe](#)  
to drink within 1st 48 hours after birth)  
[tea infuser](#) if you're bringing loose tea  
snacks  
purse / wallet  
cash  
pen & paper  
[gifts for other children](#)  
car seat

## Mom's Clothes

pajama set  
maternity underwear (3 days worth)  
socks  
[robe](#)  
[breastfeeding tank top](#)  
oufit to go home

## Breastfeeding Accessories

[nursing bra](#)  
[nipple shields](#)  
nipple pads  
[nipple cream](#)  
[nursing cover](#)  
[nursing pillow](#)

## Dad

wallet & id  
toothbrush / paste  
eyeglasses / contacts  
contact solution  
deodorant  
clothes

## Toiletries

sanitary pads  
toothbrush / paste  
contact lenses / eyeglasses  
contact solution  
hairbands / hair ties  
shampoo / conditioner  
face wash  
soap / body wash  
[lip balm](#)  
lotion  
brush / comb  
deodorant

## Baby Clothing & Accessories

[onesies](#)  
[sleepers](#)  
[swaddle blankets](#)  
[socks](#)  
[burp cloths](#)  
[going home outfit](#)  
[sweater / jacket](#)  
[hat](#)  
[natural rubber pacifier](#)

## Electronics & Entertainment

phones  
phone chargers  
camera  
headphones  
music  
books / magazines

## Baby Toiletries

[shampoo](#)  
[diaper cream](#)  
[diapers: cloth or chlorine-free disposable](#)  
[wipes](#)