

Hospital Bag Checklist

FOR THE MINIMALIST

DOCUMENTS

- Picture ID
- Insurance Card
- Hospital registration

TECHNOLOGY

- App for timing contractions
- Phone charger
- Camera and charger
- Laptop/iPad/Kindle + chargers

CLOTHING

- Large gym bag
- Changes of clothes for significant other
- Nursing bras
- Slippers or socks
- Hospital gown
- Maternity / nursing clothes
- "Granny panties"

PERSONAL ITEMS

- Thick, old towel for car
- Nipple cream
- Make-up
- Brush
- Face wash
- Contacts/glasses/case
- Contact solution
- Deodorant
- Toothbrush
- Toothpaste
- Hair ties / headband

BABY GEAR

- Blanket
- Car seat
- Boppy / Nursing pillow
- Going-home outfit
- Baby emery board or clippers

SNACKS

- Cash for the vending machine
- Your favorite snacks