

What To Pack For The Hospital



BAG 1 - LABOUR
BAG 2- AFTER BABY IS HERE
BAG 3- FOR DAD



☐ INSURANCE & ID

☐ LIP BALM

☐ HAIR ELASTIC

☐ GLASSES/CONTACTS

☐ MUSIC

☐ HEADPHONES

☐ LARGE TOWEL

☐ ICE/HEAT PACK

☐ HARD CANDY

☐ WATER BOTTLE

☐ BIKINI TOP

☐ PHONE & CHARGER





- ☐ FLIP FLOPS
- ☐ TOOTHBRUSH/PASTE
- ☐ HAIR PRODUCTS
- ☐ DEODORANT
- ☐ MOISTERIZER
- ☐ MAKE-UP
- ☐ SOCKS
- ☐ ENTERTAINMENT

- ☐ ADULT DIAPERS
- ☐ PJS
- ☐ DARK PANTS
- ☐ CARDIGAN
- ☐ NURSING BRA
- ☐ SNACKS
- ☐
- ☐
- ☐
- ☐
- ☐



- ☐ MONEY/CHANGE
- ☐ TOOTHBRUSH/PASTE
- ☐ COMFY CLOTHES
- ☐ DEODORANT
- ☐ PILLOW
- ☐ BLANKET
- ☐ CAMERA
- ☐ MEDICATION

- ☐ BATHING SUIT
- ☐ LIST OF NUMBERS
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐