



THE MASTER

Baby Hospital Bag

CHECKLIST

○ Carry-On Suitcase/Small Duffel

Clothing:

- Snood
- Zippered Sweatshirt/Tops
- Comfortable Elastic Skirts
- Wrap/Morning Robe
- PJs
- Socks
- Shower Slippers/Cozy Slippers
- Nursing Bra
- Outfit for Going Home

Toiletries:

- Lotions/Makeup
- Toothpaste/Toothbrush
- Mouth Wash
- Deodorant
- Hair Brush
- Mini Shampoo/Conditioner
- Face Wash/Body Wash
- Lip Balm *(hospitals can often have a dry environment)*

More Personal Items:

- Insurance Card and ID
- Siddur (with Shabbos Davening and Tehillim)
- Reading Material
- 10 Foot Charger
- A Watch (if there over Shabbos)
- Camera
- Candies / Gum
- Food / Snacks
- Reusable Water Bottle
- Crackers / Pretzels / Nosh
- Ear Plugs/Eye Cover
- Glasses

- Lenses/Lens Case/Solution
- Towel
- Throw Blanket/Pillow
- Silverettes
- Stomach Wrap (helpful post C section)

For the Baby:

- Baby Swaddle Set
- Baby Hat/Blanket
- Burp Cloths
- Pacifier
- Outfit for the Baby to Go Home
- Car Seat
- Post Partum & Baby Care

Most hospitals provide the items below. This is a list of items you may need if your hospital does not.

For Mom:

- Peri Bottle
- Dermaplast
- Witch Hazel Pads
- Disposable Underwear
- Lansinoh Nipple Cream
- Ice Pads
- Nursing Pads
- Pain Medication

For Baby:

- Baby Formula
- Undershirts
- Baby Wipes
- Diapers
- Baby Swaddle Blanket