

CSECTION HOSPITAL BAG CHECKLIST

The Bare Essentials For Mom, Baby, Dad & Siblings



Main Travel Bag

*Preferably a large suitcase or bag with wheels

- Comforter blanket for mom
- Non-fabric slip on sandals (1 size larger for swollen feet & place in plastic bag)
- Robe
- 3-4 sets of nursing pads
- Cardigan for outfits
- Jacket (depending on weather)
- Birthing/Recovery dress (3)
- Going home outfit
- Granny panties (4)
- Fuzzy Warm Socks (1 size larger)
- Nursing Bra
- Extra plastic bag for soiled/dirty laundry
- Husband: 1 pair of pj's, 1-2 day outfits, 3-4 pairs of underwear & socks, blanket for hubby

Purse

- Cash & Coins for vending machine
- Folder with birth plan, important phone numbers, insurance info
- Hand sanitizer/ sanitizing wipes
- Water bottles
- Tea bags (green tea, black tea, chamomile)
- Essential oils
- Non-perishable food items (chocolate covered raisins, dried fruit, yogurt pretzels, crackers, etc)
- Cellphone with predownloaded movies, music & shows for you, hubby & kids

Baby (Newborn) Bag

- 2 swaddle blankets (for breastfeeding cover, swaddling, & carseat cover)
- 2 hats
- 2 pairs of socks
- 2 sleepers
- 2 long sleeve zip up sleeper onesies with footies
- Thicker baby blanket (depending on outside weather)
- A meaningful gift from newborn baby to siblings

*Note: Hospital will provide most essentials for baby

Kids (Siblings) Bag

- A couple of your child's favorite toys
- Crayons, pencils, notebook, & coloring book
- Books to read (2-3)
- Non-perishable snacks
- Gift for baby from your children (a stuffed animal or drawing)
- 1 pair of pj's per child
- 1-3 pair of day clothes (preferably long sleeved, long pants)
- 3-4 pair of socks & underwear
- Jacket (depending on weather)
- Blanket
- Tablet with predownloaded shows



Toiletries

- Makeup Bag: powder brush, face powder, concealer, face pads, astringent, face wash, makeup remover, mascara, blush, eyebrow pencil, lipstick/gloss/liner, primer, setting spray
- Hair supplies: Hair wrap, comb, brush, gel, hair pray, ponytails, hair clip
- Deoderant
- Toothbrushes & toothpaste
- Travel sized lotion & body wash
- Reading glasses & case
- Contacts, contact solution & case

Tech Bag

- Recording camera (tripod, extra batteries, extra memory card, cleaning supplies)
- Cellphone with predownloaded music, movies & shows
- Tablets/ Ipads with predownloaded music, movies, & shows
- Headphones
- Laptop
- Portable battery pack for electronics
- Charger heads (with multiple charging slots)
- Charging cord (1 for each device)

