



Friendly  
Health

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## *Hospital bag checklist*

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# Your hospital bag checklist

## *For Mom*

- Your birth plans
- Your ID
- Water bottle
- Snacks and drinks
- Credit card or some cash
- Slippers and socks
- Birth playlist music
- Book or magazines
- Cellphone charger
- Medications
- Super absorbent sanitary pads
- Personal gown or pajamas



# Your hospital bag checklist

## *For Mom*

- Nursing or supportive bra
- Pants, bigger size disposable pants
- Hair clips if you have a long hair
- Breast Pad
- Watch or smartphone with an app to time contractions
- Loose, comfy clothes to wear home



# Your hospital bag checklist

## *For your baby*

- Diapers and wipes
- Blankets
- Baby car seat
- Hat, mittens and booties
- Going home outfit
- Pacifiers
- Baby soap and shampoo
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