



Hospital Bag Checklist

Here are some ideas of things to bring to the hospital. A few items on the list will also be provided by the hospital (blankets, pillow, shampoo, soap, etc) but if you prefer your own toiletries and want to feel more at home we suggest you bring these items with you. Your favorite pillow and blanket will be a lot softer than the hospital's.

Labor

- Paperwork (Birth Plan, Insurance Card, ID, Pediatrician details)
- Towels or waterproof pads for car (esp. if your water has broken)
- Labor gown
- Light robe
- Socks
- Ipad or phone with music playlist
- Headphones or speakers
- Hair ties
- Lip balm
- Slippers
- Comfy sleep bra
- Honeysticks
- Contact info for your Doula team

Postpartum

- 2-3 Nursing tank tops
- 2-3 Yoga or sweat pants
- 2-3 Nursing bras
- 2 sets of nursing pajamas (or something to sleep in that you can nurse in)
- Flip flops
- Comfortable going home outfit
- 2-3 Large underwear
- Socks
- Laundry bag
- Deodorant
- Toothbrush, toothpaste, mouthwash
- Shampoo & Conditioner
- Brush & Hair Ties
- Make up & make up remover
- Lotion
- Razor
- Breastfeeding book
- Buddha Belly lactation counselor phone number (727) 489-4750

Home Items

- Blanket
- Pillow
- Heating pad
- Reusable water bottle
- Snacks
- Essential oils & diffuser
- Ipad & charger
- Phones & charger
- Camera & charger
- Laptops & charger
- Powerstrip

Baby Gear

- Diapers
- Wipes
- Going home outfit
- 2-3 Sleepers
- Hat
- Swaddle blanket
- Burp cloths
- Socks
- Car seat
- Buddha Belly postpartum doula contact number (727) 489-4750

For Partner

- 2 T-shirts
- 2 Comfy pants
- 2 Underwear
- 2 Pajamas
- Hoodie or jacket (for cold AC in hospitals)
- Socks
- Toiletries (deodorant, toothbrush/paste, shampoo, conditioner, body wash)

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