

# Must-Have Hospital Checklist for New Moms

## MOM ESSENTIALS:

- ☐ Comfortable robe
- ☐ Nursing-friendly pajamas
- ☐ Maternity/nursing bra
- ☐ Non-slip socks or slippers
- ☐ Toiletries (toothbrush, toothpaste, face wipes, dry shampoo, deodorant)
- ☐ Lip balm
- ☐ Hair ties or headband
- ☐ Long phone charger
- ☐ Face mask (optional)
- ☐ Going home outfit (loose, comfy)

## BABY ESSENTIALS:

- ☐ 2 going home outfits (newborn + 0-3M)
- ☐ Blanket or swaddle
- ☐ Hat & mittens
- ☐ Baby socks or booties
- ☐ Approved infant car seat (already installed!)

## PARTNER / SUPPORT PERSON:

- ☐ Change of clothes
- ☐ Hoodie or jacket
- ☐ Toiletries
- ☐ Snacks
- ☐ Charger
- ☐ Reusable water bottle

## PAPERWORK & EXTRAS:

- ☐ ID + Insurance info

## **Must-Have Hospital Checklist for New Moms**

- ☐ Birth plan (if applicable)
- ☐ Folder for hospital documents
- ☐ Extra tote bag for hospital freebies