

Hospital Bag Checklist



This checklist is based off my blog post where I use individual bags to sort each phase of Labor & Delivery while at the hospital. [Read the original post here.](#)

The MUST HAVES:

- PRE-Register at the hospital
- Birth Plan {[write your own](#)}
- Purse
- Insurance Cards

BAG 1 | LABOR:

- Thin robe
- Nursing Tank Top
- Slippers & Flip Flops
- Chapstick
- Headbands & Hair Elastic
- Breath mints

BAG 2 | BABY:

- 4 Short sleeved onesies
- 2 long sleeved onesies
- 2 pairs of socks
- 1 fleece sleeper for coming home
- Wipes

BAG 3 | POST DELIVERY:

- 1 Nursing Tank
- A pair of fluffy socks
- A pair of short socks
- Reusable nursing pads
- 1 box of candy {Moms Reward}

Other essentials:

- Contac Lenses & Solution
- Ponds makeup remover wipes
- Basic makeup: eyeliner, mascara, concealer (for pictures & visitors)

For Showering at the Hospital:

- Loofah
- Hairbrush & Q-tips
- Travel Shampoo & Conditioner
- SLEEP scented Bath & Body Works Lotion & Body Wash
- Intuition razor
- Lavender Lotion

BAG 4 | MOM EXTRAS:

- Beach towel
- Soft Toilet Paper Roll
- Camera
- Phone Charger
- Thank you Notes
- Nurse Gifts

BAG 5 | GOING HOME:

- XL Maternity Yoga Pants
- Nursing tank
- Extra Nursing pads
- Long socks

SNACK BAG:

- Spoiler Snacks
- Gum
- Pineapple Juice

Find all of your Essentials & more on my [Hospital Bag Amazon List](#)

DO NOT Print this Page



Hi Friends!

Thank you so much for stopping in on my Blog Post! I'm Kandice, Mom to #MySweetandSticky Cash & Wyatt. The Sweet or Sticky boy changes daily. I am a Wedding & Party Planner in real life for my own company, Green-Eyed Girl Productions but started this Mom blog while on a 5-year maternity break. It's obviously grown to be a competitive 50% of my Mom Business life thanks to my amazing reader like you! So, I want to say THANK YOU and make sure you get the absolute most out of your experience here, which is what we like to call #MomWinning

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Welcome & Newsletter: Why I started my Blog and why you should join my newsletter

Mom Winning: Just here for the Mom stories? Here is where you'll find everything about parenting from the Sweet to the Sticky and in between.

Mom Life Organizing: From Family Vacations to Packing your Hospital Bag.

Making Mommy Money: Read up on how I've taken this little blog hobby and built a \$50k per year income from it.

Toddler School: As a former educator I had no ~~restraint~~ choice but to subject my two boys to rigorous sensory play and early learning until they ~~escaped~~ started school. What we affectionately call Toddler School is the routine we did from ages 0 to 5 for early learning and pre-k reading.

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