

HOSPITAL BAG ESSENTIALS

Baby Sleep & Comfort Checklist

ITEM	QUANTITY	PURPOSE
SLEEP WEAR		
Zipper Sleepers	3-4	Easy access diaper changes
Knotted Gowns	2	Comfort & cord care
SWADDLING & LAYERING		
Muslin Swaddles	2	Lightweight breathable wrap
Velcro Swaddle	1	Convenience for night sleep
Cotton Beanie	2	Regulate body temperature
COMFORT & EXTRAS		
White Noise Machine	1	Portable/Battery operated

ITEM**QUANTITY****PURPOSE**

Announcement Plaque

1

First photo keepsake

Heavy Blanket

1

For the car ride home

ADDITIONAL PERSONAL NOTES: