

# HOSPITAL BAG CHECKLIST

A Week-by-Week Preparation Guide

## **Weeks 32-34: The Planning Phase**

### **ESSENTIALS FOR MOM**

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ID & Insurance Cards

Birth Plan (3 copies)

Hospital Registration Forms

### **BIG ITEMS**

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Car Seat (Installed)

Selecting a Pediatrician

## **Weeks 35-36: The Packing Phase**

### **PERSONAL COMFORT**

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2 Pairs of Open-front Pajamas

Non-slip Socks & Slippers

Nursing Bras & Pads

### **TOILETRIES**

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Lip Balm & Moisturizer

Travel-sized Shampoo/Soap

Hair Ties & Brush

## **Weeks 37-38: Final Touches**

### **FOR BABY**

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Going Home Outfit

Swaddle Blanket

Newborn Mittens/Hat

### **ELECTRONICS**

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Long Charging Cables (10ft)

Power Bank

Camera/Memory Card

**Week 39+: Ready by the Door**

**LAST MINUTE ADDITIONS**

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Snacks & Electrolyte Drinks

Prescription Medications

Pillow from home

**FOR PARTNER**

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Change of Clothes

Small Pillow/Blanket