

HOSPITAL BAG

CHECKLIST FOR MOM, DAD AND BABY
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Let me walk you through one of the most important preparations of the third trimester. The preparation of your hospital bag!



A must keep checklist!

By Zadi.

Pregnancy is undoubtedly one of the most beautiful and important moments in the life of any couple. Pregnancy is a time to connect with your body, with your mind and why not with your husband as well, and the people who support you.

During this time there are also many preparations that you must make if you want to be ready for the arrival of your baby, and one of those preparations is without a doubt the hospital bag, with everything you may need for a few days. But, do you know what items should not be missing in your hospital bag? Here I tell you all.

Here you have a printable version for you to have.

For mom!!

Photo ID, Insurance info and birth plan

Cell phone and chargers.

Eyeglasses, if you use them.

Lip balm.

Super warm, comfortable and cozy pair of Non-skid socks and Rope.

Hair accessories, such as pony tail holder or headbands.

Maternity bras, at least 2 of them, wire-less and a breastfeeding bra.

Toiletry bag with the following items:

Toothbrush, toothpaste, hair brush, deodorant, face wash, shampoo, conditioner, body lotion, contact lens and solution.

Loose and comfortable clothing that is light weight as well.

Sleep wear.

A postpartum recovery kit.

A breastfeeding pillow.

Maternity underwear.

Bath towel.

Ear buds to listen to music.

Some entertaining reading books or magazines.



For baby!

Approved infant car seat,

Preferably installed correctly in the car.

A set of outfit and hat for coming home, make sure to include different sizes for the best fit of your baby.

Cozy blankets.



For dad!

Non-perishable snacks for the long wait for both of you.

Cell phone and charger for him.

A few changes of clothing.

Toiletries: toothbrush, deodorant, soap, contact lens if needed.

Camera with batteries or chargers to capture the special moment.

