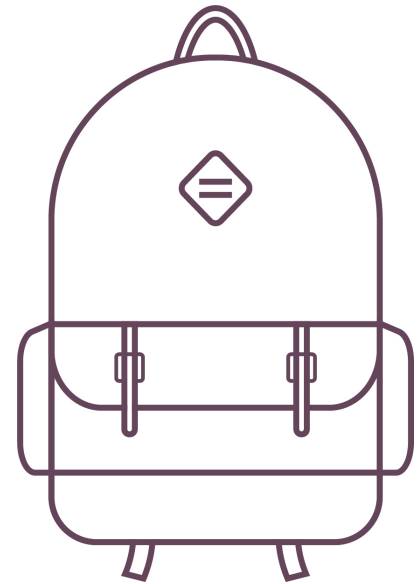


# Maternity Bag Checklist

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## For You:

- Pajamas & Robe
- Socks & Slippers
- Underwear
- Shower Slippers/ Flip Flops
- Nursing Bras/Pads
- Going Home Outfit
- Pillow/Blanket
- Shampoo/Conditioner
- Deodorant
- Lanolin Cream
- Hair Brush/Hair Ties
- Lotion
- Face Wash
- Lip Balm
- Toothbrush/Toothpaste
- Small Notebook
- Glasses/Contacts
- Ear Plugs

## Technology:

- Phone
- Tablet
- Chargers
- Headphones, speakers
- Watch (to time contractions)

## For Baby:

- Baby Blanket (for going home)
- Hat (for going home)
- Socks
- Mittens
- Going Home Outfit
- (0-3 month size)
- Infant Car Seat
- Nail Clippers

## For a Support Person:

- Change of Clothes
- Flip Flops
- Deodorant
- Toothbrush/Toothpaste

## Documents:

- Your Birth Plan
- Insurance Cards
- Driver's License/ID
- Pre-registration Forms

## Lamaze Tools:

- Massage Ball,
- Rice Pack
- Small Paper or Battery Operated Fan

- Visual Focal Point (a Photo)

## Extras:

- Snacks
- Water Bottles
- Money for Vending Machines
- List of Who to Call
- Gift for Sibling from Baby

## Ready for Return Home:

- Diapers
- Feeding Supplies
- Infant Sleeper



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PARTNERS

Maternity Care

A Member of Trinity Health