

# TheBabySpot.ca

## The Ultimate Hospital Bag Checklist

### Hospital Bag Checklist For Mom

- Pajamas/Robe
- Socks/Slippers
- Toiletries. Don't forget your toothbrushes, toothpaste, hairbrush, deodorant and any hair products you usually use
- Maxi pads
- Underwear (4 to 5 pairs)
- Books
- Elastics/Hair Ties
- Breast pads
- Comfortable going home clothes
- Music

### Hospital Bag Checklist For Dad/Partner/Birth Partner

- Phone chargers
- Health card/ insurance information if applicable
- Pens
- Snacks
- Books
- Pillow
- Ear plugs for you and Mom to Be
- Some Extra Cash/Debit/Credit Cards
- Sit down with you partner and get a list of people to call or text before she gives birth. Create a Whatsapp group to keep people updated.

### Hospital Checklist For Baby

- Diapers
- Two baby hats
- A "going home" outfit
- Baby pajamas/Onsies (a few pairs)
- Diaper wipes
- A soother
- A Baby outfit that is one size too big
- Two light blankets for baby
- Car seat
- Burp cloths

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