



# hospital bag CHECKLIST

LYNZY & Co.

## THE mama essentials

- \_\_\_ NURSING PAJAMAS X 2 SETS
- \_\_\_ NURSING BRAS
- \_\_\_ NURSING TANKS
- \_\_\_ GOING HOME OUTFIT
- \_\_\_ SLIPPERS AND/OR FLIP FLOPS
- \_\_\_ LIGHTWEIGHT ROBE

## toiletries

- \_\_\_ TOOTHBRUSH
- \_\_\_ BODY WASH/LOTION FOR  
AFTER BIRTH SHOWER
- \_\_\_ FACE WASH
- \_\_\_ CHAPSTICK
- \_\_\_ WASH CLOTH
- \_\_\_ MAKEUP
- \_\_\_ HAIR BRUSH/HAIR TIES
- \_\_\_ DEODORANT

## FOR THE labor/birth

- \_\_\_ YETI CUP
- \_\_\_ TWINKLE LIGHTS
- \_\_\_ PLAYLIST
- \_\_\_ ROOM SPRAY
- \_\_\_ AFFIRMATION CARDS

## FOR THE recovery

- \_\_\_ POSTPARTUM UNDIES
- \_\_\_ NIPPLE BALM
- \_\_\_ PERINEAL ICE MAXI PADS
- \_\_\_ PERINEAL MEDICATED WITH  
WITCH HAZEL COOLING  
PAD LINERS

## FOR baby

- \_\_\_ GOING HOME OUTFIT
- \_\_\_ SLEEPERS/ONESIES

## MISC.

- \_\_\_ PHONE CHARGER  
& EXTENSION CORD
- \_\_\_ PILLOW/BLANKET
- \_\_\_ CAMERA IF YOU WANT  
TO BRING ONE
- \_\_\_ CAR SEAT
- \_\_\_ HAND SANITIZER
- \_\_\_ WALLET/DRIVERS LICENSE  
/INSURANCE CARD HEALTHY SNACKS/GUM
- \_\_\_ TOWEL (IF YOU DON'T WANT  
TO USE THE HOSPITAL ONE)
- \_\_\_ SNACKS

## FOR dad

- \_\_\_ SLIPPERS
  - \_\_\_ CHANGE OF OUTFIT X2
  - \_\_\_ TOOTHBRUSH
  - \_\_\_ DEODORANT
  - \_\_\_ WATER BOTTLE
  - \_\_\_ PHONE/CHARGER
  - \_\_\_ WALLET
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