

Hospital Bag

CHECKLIST (FOR MOM)

Personal Care & Clothing

- ☐ 2-3 comfortable nightgowns (front-open for feeding)
- ☐ Nursing bras and breast pads
- ☐ Loose cotton underwear (high-waist, dark color preferred)
- ☐ Maternity pads/adult diapers
- ☐ Socks/slippers
- ☐ Comfortable going-home outfit
- ☐ Shawl/light sweater
- ☐ Flip flops for bathroom

Toiletries

- ☐ Toothbrush, toothpaste, mouthwash
- ☐ Hairbrush/comb, hair ties, clips
- ☐ Lip balm
- ☐ Face wash, moisturizer
- ☐ Body wash/soap, deodorant
- ☐ Towel, hand towel
- ☐ Sanitary wipes & tissues
- ☐ Dry shampoo (optional)
- ☐ Water bottle with straw lid

Feeding & Recovery

- ☐ Nipple cream
- ☐ Nursing pillow (optional)
- ☐ Hot water bag/heating pad
- ☐ Snacks/dry fruits/protein bars
- ☐ Small cushion for sitting support

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CHECKLIST (FOR BABY)

Clothing & Wraps

- ☐ 4–5 soft cotton onesies/rompers
- ☐ 2–3 pairs mittens, socks, and caps
- ☐ 2–3 soft blankets/swaddles
- ☐ 2–3 burp cloths
- ☐ Going-home outfit

Hygiene & Care

- ☐ Newborn diapers (10–15)
- ☐ Cotton balls/wipes (gentle, unscented)
- ☐ Baby towel and washcloth
- ☐ Baby lotion/cream
- ☐ Baby nail cutter/file

Feeding

- ☐ Nursing cover (if needed)
- ☐ Formula & bottles (only if recommended by doctor)

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Hospital Bag

CHECKLIST (GENERAL)

Documents & Other Essentials (*Must Carry*)

- ☐ Hospital registration papers/admission forms
- ☐ All pregnancy reports, scans, blood test reports
- ☐ Doctor's prescriptions
- ☐ Insurance papers
- ☐ ID proof (Aadhaar card, PAN card, passport, etc.)

Extras (Nice to Have)

- ☐ Phone, charger, power bank
- ☐ Camera
- ☐ Earphones
- ☐ Small notebook/pen
- ☐ Relaxing playlist
- ☐ Extra bag for gifts/extra item

[illegible]