

HOSPITAL BAG CHECKLIST

MAMA

CLOTHES

- comfy labor gown
- sports bra for labor (zip in front even better)
- nursing bra
- sleep nursing bra (2)
- dress button down pajama (2– easier for nursing & well checks from nurses than pants)
- socks
- going home outfit (eg-maternity shirt/joggers)
- light weight robe
- nursing cami

BATHROOM BAG

- Nipple butter
- hair brush
- tooth brush/ paste
- face wash/ moisturizer
- lotion or massage oil (for counter pressure/back rub during labor)
- deodorant
- shampoo/conditioner/soap
- hair ties
- chapstick
- glasses/contacts

OTHERS

- phone chargers (long one to reach to bed)
- wireless earbuds
- bluetooth speaker
- portable night light (wireless)
- favorite cozy blanket
- ID & insurance card (just in case)
- Easy snacks (granola bars, crackers, apple sauce, trail mix, fruit snacks)
- juices to go or electrolyte drink mix
- water bottle with straw

BABY

Baby is in blanket & diaper till ready to go home because of ankle bracelet/monitor clothes won't fit (unless "snap shirt" onesie) until they take off bands to go home

- 2 going home outfits (in case one gets pooped on)
- special receiving or swaddle blanket and hat for photos
- pacifier if you so choose
- car seat & blanket





MATERNITY & BABY FAVS

- [Fav Sleep Nursing Bras](#)
- [Washable Nursing Pads \(used at night\)](#)
- [Burp cloths: use cloth diapers](#)
- [Fav short sleeve shirt](#)
- [Fav leggings WITH pockets](#)
- [Fav undies that stretch with growing bump](#)
- [Nursing Bras](#)
- [Best nursing cover](#)
- [Haakaa for nursing](#) (catching let down on other side or for saving the day for extremely hard let down so gassy baby can nurse better)
- [Crib mattress we love](#)



CLOTHES I NEEDED FOR BABY

NB- all they really NEED is sleepers- my boys were in NB for about 3 weeks

Tip: just say NO to all snap Jammies/sleepers. Help yourself out and get all zippers.

- I'd buy about 10 sleepers
- Snap shirt outfits are nice for the first week
- have a photo outfit for NB pics
- have a church outfit or 2
- maybe a couple onesie shirts & pants if we are feeling fancy

0-3M (aka just 3M)

Tip: abundant sleepers for every stage helps with laundry load- cuz the poop is wild and blowouts happened often in this size.

- goal once in this age was to change them out of their sleeper every morning

My boys were in this size for a few months- so I needed more options.

- I'd buy about 10 sleepers here too
- onesies: at least 14
- pants are optional in our house at this age- so we did less
- 4 church outfits

3-6 (aka just 6m)

Tip: this age is where it starts to get more fun to dress up or do nicer clothes.

6-9m (9m)

My kiddos didn't stay in this size very long compared to the others. Def would not get a bunch of options to start.

12month

This size seems to fit forever haha. My 2nd was in 12m size by 8 months old and still in it at 12months.

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This size I stopped buying the snap bottom onesies and went to tshirts to make it easier for potty training (PS potty train earlyyyy (like introduce it as soon as they are walking) and save yourself the stubborn stage that comes after 2! I successfully potty trained all my boys before they were 2)