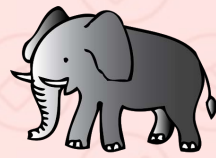


1 natural way



Don't forget a thing!

Hospital Bag Checklist

Important Admin Stuff!

- Insurance ID
- Multiple copies of birth plan
- Photo ID
- Wallet, credit cards, cash

Mom:

- Breast pump
- Compression stockings
- PJs, robe & slippers
- Nursing bra
- Comfy clothes
- Flip Flops
- Pillow & blanket
- Bath Towel
- Hairbrush, ties, band
- Toothbrush & toothpaste
- Deodorant
- Face wipes
- Dry shampoo
- Maxi pads & disposable undies
- Prescription medications
- Glasses, contacts, etc.
- Lip balm
- Nipple cream
- Nursing pads
- _____
- _____
- _____

Co-Pilot:

- Pillow & blanket
- Change of clothes
- Toiletries
- Medications
- List of people to call
- Camera, charger, memory card
- Phone & charger
- _____

Both of You:

- Snacks & drinks
- Magazines & books
- Bluetooth speaker
- Handheld fan
- _____

Baby:

- Onesies or sleepers
- Going home outfit
- Hat & socks
- Mittens
- Carseat
- _____