

Hospital Stay Packing Checklist

- Phone Charger/Back-up Battery
- Robe
- Pajama/Yoga pants
- Nursing bra/Tanks
- Slippers/Flip flops
- Leggings
- Pillow
- Sleep Mask
- Wallet/Money
- Nipple Balm
- Nursing Pads
- Prenatal Vitamins
- Flushable Wipes
- Large Pads
- Loose Underwear (with room for pads)
*Most Hospital provide pads and mesh undies, some don't.
If you are unsure, ask, but better prepared than not.
- Toiletries
 - Toothbrush/Toothpaste/Floss
 - Shampoo/Conditioner/Dry Shampoo
 - Body Wash/Loofa
 - Razor
 - Deodorant
 - Eye Care
 - Face Wash/Wipes
 - Nail kit (clippers/nail file)
 - Hair Brush
 - Tweezers
 - Cotton Swabs
 - Cosmetics
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