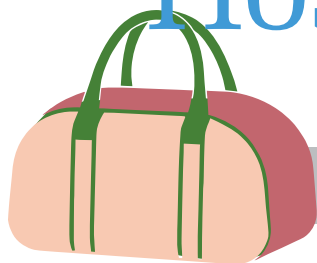


YOUR LABOR AND DELIVERY Hospital Bag Checklist



Print or screenshot this checklist

ESSENTIALS:

Car seat (ideally already installed in car)

Long charging cable (6-10 ft)

Comfortable underwear (high-waisted, soft)

Outfits for discharge day for baby and you

Clothes and sleeping items for partner/support persons

Non-slip socks or slippers

Specific toiletry items

Basic toiletries

Toothbrush, toothpaste

Face wash, moisturizer

Lip balm

Hairbrush, hair ties

Deodorant

Glasses or contact lens supplies (if needed)

OPTIONAL:

Robe

Snacks

Preferred pillow

Handheld/portable fan

Dry shampoo

Relaxation aids (Eye mask/ear plugs)



**Hackensack Meridian
Mountainside Medical Center**