

HOSPITAL BAG CHECKLIST

"Cast all your anxiety on him because He cares for you." (Psalm 55:22)

BABY

- NEWBORN DIAPERS
- CLOTHES
- SWADDLES
- BURPING BIB
- BED PROTECTOR
- TOWEL & WASHCLOTHS
- GOING-HOME OUTFIT

TOILETRIES

- UNDERPADS
- COTTON BALLS
- TISSUE
- BABY WIPES
- MENSTRUAL PADS
- PORTABLE BIDET
- FEMININE WASH
- MAKE-UP
- GROOMING ITEMS
(TOOTHBRUSH SET, COMB, ETC.)
- ROOM STERILIZER

OTHERS

- | | | |
|------------------------------------|--|--------------------------------|
| <input type="checkbox"/> WATER | <input type="checkbox"/> CAMERA | <input type="checkbox"/> _____ |
| <input type="checkbox"/> SNACKS | <input type="checkbox"/> CHARGERS | <input type="checkbox"/> _____ |
| <input type="checkbox"/> DOCUMENTS | <input type="checkbox"/> POWERBANK | <input type="checkbox"/> _____ |
| <input type="checkbox"/> IDS | <input type="checkbox"/> COMPANION'S
MUST-HAVES | <input type="checkbox"/> _____ |

MOM

- PAJAMAS
- NURSING BRA
- UNDERWEAR
- BELLY WRAP/SHAPEWEAR
- SOCKS
- SLIP-ON SLIPPERS
- EYE MASK
- GOING-HOME OUTFIT

BREASTFEEDING

- NURSING PILLOW
- NURSING COVER
- BREAST PADS
- NIPPLE CREAM
- BREASTFEEDING
SUPPLEMENTS
- BREAST PUMP
- MILK BAGS OR BOTTLES
FOR STORAGE
- BOTTLE CLEANER
- COOLER BAG