SOMETHING LIGHTER

A Hospital Bag Checklist for Mom, Packed Early

I picked out my hospital clothes, everything. I researched my birth plan and what I'd need at the hospital. I was my own nurse.

Pack it a few weeks before your due date

- ☐ Leave the bag by the door.
- ☐ Put your birth plan on top.
- ☐ Put your ID on top.
- ☐ Put your phone charger on top.

For you

- ☐ Your hospital clothes, everything you picked out.
- ☐ A change of clothes to go home in.
- ☐ What you researched that you'd need at the hospital.

Waiting at home

- ☐ The postpartum cart, set up in your room.
- ☐ Adult diapers for the first six weeks.