

# Hospital Bag Checklist

What you really need to pack

Flip Flops

Nursing Gown

Nursing Bras

Nursing Tops

Yoga Pants

Swaddle Blankets

Going Home Outfit

Boppy

Pillow

Phone Charger

Diffuser

Camera

Headbands/Hairties

Toiletries especially  
dry shampoo!



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