

TNP Suggested Hospital Bag Checklist (Mom)

- Photo ID, Insurance Info, Hospital Forms, Pediatrician Info
- Copy of your birth plan (if you have one)
- Cell Phone Chargers/Battery pack



THE NESTING PLACE
WHERE HAPPY FAMILIES BEGIN

Toiletries And Personal Items

- Glasses/Contact lenses/supplies
- Scrunchies/HairTies/Headband
- Hairbrush
- Toothbrush/Toothpaste
- Deodorant
- Facewash
- Shampoo/conditioner
- Pajamas and a Robe if you prefer your own
- Warm Non Socks/Slippers (hospital will have non skid socks)
- Maternity Bras (without underwires)
- Loose, Lightweight Clothing
- Comfortable Going-Home Clothes

Snacks (Some Suggestions...)

- Nut Butter Packets
- Dried Fruit
- Granola/Protein Bars
- Bananas
- Apple Sauce Pockets
- Coconut Water/Electrolyte Drinks
- Pretzels, Saltines/Crackers
- Hard Boiled Egg
- Hard Candies/Lozenges

Additional Items

- Ear Pods
- Comfy Pillow for sleep
- Breastfeeding Pillow
- Small Hand Held Fan

