

Hospital Bag Checklist for New Parents

✓ For Mom

- Insurance card and ID
- Pre-registration forms (if available)
- Birth plan copies (3-4)
- Comfortable going-home outfit (pre-pregnancy size)
- Nightgowns (button-front for easy nursing)
- 3-4 pairs comfortable underwear
- Slippers (non-slip soles)
- Bras (comfortable, nursing-friendly)
- Toiletries and medications
- Camera or phone for photos
- Entertainment (tablet, book, music)
- Phone charger
- Pillow from home (with colored pillowcase)

✓ For Baby

- Onesies (newborn and 0-3 month sizes) - 6-8
- Sleepsuits (newborn and 0-3 month sizes) - 6-8
- Socks and mittens - 6 pairs
- Swaddles and blankets - 3-4
- Hats and mittens
- **MamyPoko Newborn (NB) Diapers** - 1-2 packages
- **MamyPoko Newborn (NB) Pants** - backup for active babies
- Bottles and formula (if not breastfeeding)
- Burp cloths - 3-4
- Baby wash and shampoo
- Diaper cream
- Nail clippers
- Brush and comb
- Hooded towels - 2

✓ For Partner

- Change of clothes
- Toiletries
- Phone charger
- Camera
- Birth plan copies
- Snacks and entertainment

✓ Documents to Bring

- Health insurance cards (both parents)
- Photo identification
- Hospital pre-registration forms
- Birth plan (multiple copies)
- Emergency contacts list
- Previous medical records (if available)

■ Tips from MamyPoko

- Pack in the 8th-9th month of pregnancy. Keep bags in an easily accessible location.
- Use gallon-sized ziplock bags to organize items by type.
- Keep one bag in your car as a backup.
- Choose MamyPoko Newborn (NB) diapers - trusted by parents for gentle care and superior absorption.
- Take extra time to find comfort during this special time with your newborn.