

# My Hospital Packing Checklist



## Comforts of Home

heating pad, blanket, pillow,  
towels, ear plugs, eye mask, toilet  
paper, face cloth



## Baby & Post Partum

NB & 0-3m outfits, blanket, hat, socks,  
mitts, soother, baby wipes,  
diapers/pads, peri bottle, padsicles,  
nipple cream, nursing pads, haaka,  
stool softener



## Clothes

nursing bra, big comfy underwear,  
socks with grip, cozy pants, long  
cardigan, t-shirt, robe, pjs, labour  
gown, slippers, flip flops, plastic bag to  
put dirty clothes in



## Toiletry Basics

shampoo, conditioner, soap, face  
wash, moisturizer, toothbrush,  
tooth paste, deodorant, chapstick,  
makeup, hair elastics, brush, face  
wipes, headband



## Cooler

protein bars, nuts, dried fruit,  
chocolate, peperettes, apples, carrot  
sticks & snap peas, sandwich, cheese,  
hard candies, juice boxes,, coconut  
water, water bottle with straw, water



## Electronics & Environment

long charger cord for phone,  
head phones, laptop & charger,  
book, lavender spray, electric  
candles, speaker, small fan