



HOSPITAL BAG CHECKLIST

BY KIDS ESSENTIALS

HOSPITAL BAG

Sunmbal Siddiqui
KIDS ESSENTIALS

BABY "FIRST OUTFIT"

Prepare a complete pack which you will give it to your nurse who will dress up your baby for the very first time. It will include these items

- 1 Starter Set complete (shirt, trouser, cap, mittens, booties, wrapping shawl)
- 1 Cotton vest (season-wise)
- 1 Soft leggings / inner trousers
- 1 diaper
- wipes (smallest pack)
- Bath towel (if needed)

Note: Choose the best things for this pack from everything you purchased

CLOTHING ESSENTIALS

- Jabla / front-open shirts
- Cotton vests
- Sleepsuits / onesies
- Soft leggings / trousers
- Mittens (2-3 pairs)
- Socks (2-3 pairs)
- Newborn caps (light + warm, season-wise)
- Swaddle / light blanket

It all depends on if its a C-section or normal Delivery. This list provides a list for 2 days stay at the Hospital

Note: be prepared for both situations, so when the time comes you don't have to rush or panic ;)

DIAPERING ESSENTIALS

- Newborn diapers
- Cotton nappies (optional)
- Baby wipes (alcohol-free)
- Disposable changing mats
- Diaper rash cream
- Extra plastic bag (for used diapers)

FEEDING ESSENTIALS

- 1 Feeding bottle at least
- hot/cool water bottle
- Bibs (1-2)
- Burp cloths

(Breastfeeding moms may also carry a nursing cover)

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SLEEPING ESSENTIALS

- Baby swaddle wrap
- Soft receiving blanket/ Carry Nest
- Light quilt (seasonal)
- Burp cloths / muslin cloths (2-3)

GROOMING & HYGIENE

- Soft baby towel
- Washcloth / muslin cloth
- Baby nail cutter
- Soft baby hair brush
- Cotton pads / cotton balls

IMPORTANT EXTRAS

- Hospital discharge clothes for baby
- Going-home outfit
- Baby wrapping sheet
- Small bag for baby clothes

NOTE

Mama Don't worry the time will pass and soon you will have your little one in your hands, but always remember There's no "perfect" way to do this, only **your way**, and that's more than enough and be gentle with yourself as you grow alongside your little one. Trust me You've got this, MAMA

one beautiful day at a time.