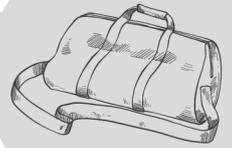


# HOSPITAL BAG

## CHECKLIST



### For Mom

- Robe / Nightgown
- Loose fitting Clothing
- Nursing Bras
- Flip Flops
- Socks / Slippers
- Cellphone / Tablet
- Underwear
- Towel
- Gum / Sugar-free Candies
- Going Home Outfit
- Water Bottle
- Light Snacks

### Extra

- Plastic Bag for Dirty Laundry
- Pen / Notebook / Document Folder
- Cellphone
- Camera
- Chargers
- Extension Cord
- Glucose Monitor if you use one
- Comfort Item / Focal Point
- Cash (Loonies & Toonies)
- Personal Medications
- A Deck of Cards
- A Book to Read

### Admin

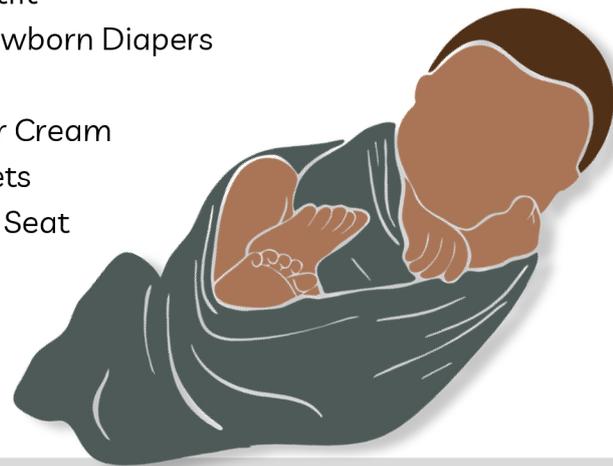
- MCP / Hospital Card
- Personal ID card
- Insurance Information
- Birth Plan

### Toiletries

- Shampoo / Conditioner
- Body Wash / Wash Cloth
- Deodorant
- Toothbrush & Toothpaste
- Maxi pads / Postpartum Diapers
- Hair Brush
- Hair Elastics / Clips
- Lip Balm
- Lotions
- Nipple Ointment
- Nursing Pads
- Make-up
- Glasses / Contacts (& solution)

### For Baby

- Sleepers
- Socks / Mittens / Hats
- Burp Cloth
- Going Home Outfit
- A Package of Newborn Diapers
- Wipes
- Vaseline / Diaper Cream
- Receiving Blankets
- Rear-Facing Car Seat



### Other Comfort Measures

- Relaxation Techniques
- Tennis Balls
- Bathing suit
- Extra Pillows / Nursing Pillow
- Noise-Canceling Headphones / Ear-plugs
- Eye Mask

### Partner / Support Person

- Change of Clothes
- Toothbrush,
- Deodorant & Personal Toiletries
- Snacks & Drinks

# SARA WARD

MATERNAL SUPPORT PRACTITIONER

## CONTACT

CLARITY & COMPASSION  
Birth Journey Services

Email 

claritybirthjourneyservices@gmail.com

Phone 

(709) 700-4011

Website 

www.clarityandcompassion.com

## LOCATION

Paradise, NL  
Virtual & Travel Options  
Available upon Request

  CLARITY\_AND\_COMPASSION

## IMPORTANT

### PHONE NUMBERS



MY DOCTOR



GRANDPARENTS



CHILDCARE



SUPPORT PERSON



PET CARE



OTHER

Notes:

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