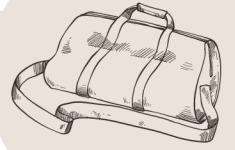


# HOSPITAL BAG

## 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 / Preferred 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) 701-7700

Website 

www.clarityandcompassiondoula.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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