Hospital bag checklist

- [ ] ID, insurance and hospital paperwork
- [ ] Birth plan (if you have one)
- [ ] Phone and long charger
- [ ] Comfortable clothes and nursing bra
- [ ] Toiletries and lip balm
- [ ] Maternity pads
- [ ] Snacks and water bottle
- [ ] Going-home outfit for parent
- [ ] Baby: going-home outfit, hat, socks
- [ ] Baby: blanket suited to the weather
- [ ] Car seat installed in the car
- [ ] Partner: change of clothes, snacks

Notes

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