

Birth Center Bag Checklist

For Mom:

- Birthing Gown
- Change of clothes (to go home)
- Hair ties, headband & hair brush
- Toiletries
- Chapstick
- Sandals & Slippers
- Nursing Bra
- Disposable/Mesh Underwear
- Comfy underwear
- Overnight pads

For Dad:

- Change of clothes
- Toiletries
- Snacks
- Charger
- Towel

For Baby:

- Two outfits (sizes: Newborn & 0-3 months)
- Hat, socks, mittens
- Swaddle
- Burp cloths
- Diapers & wipes