

YARA HOSPITAL BAG LIST

HOSPITAL BAG FOR MOM: LABOR AND DELIVERY

- ☐ **YOUR ID AND INSURANCE CARD (IF APPLICABLE)**
- ☐ **MEDICATIONS LIST**
Your doctor may ask on what medications you have been during pregnancy and this might be hard to remember during labor, therefore it is essential to have a list of all the medicinations that you have taken.
- ☐ **CREDIT CARD AND A SMALL AMOUNT OF CASH**
- ☐ **SOCKS**
- ☐ **BATHROBE**
- ☐ **SLIPPERS**
- ☐ **PREGNANCY MEDICAL FILE**




HOSPITAL BAG FOR MOM: AFTER DELIVERY

- COMFORTABLE SLEEP CLOTHES** ☐
- NURSING BRA** ☐
- SMARTPHONE CHARGER** ☐
- TOILETRIES** ☐
- MATERNITY PADS** ☐
- PILLOWS** ☐
The pillows in the hospitals may be uncomfortable, and bringing one you're familiar with may help you relax.
- EXTRA UNDERWEARS** ☐
- FLIP-FLOPS** ☐

HOSPITAL BAG ESSENTIALS FOR THE BIRTH PARTNER

- ☐ **COMFORTABLE CLOTHING**
- ☐ **COMFORTABLE SHOES**
- ☐ **PHONE AND CHARGER**
- ☐ **SNACKS**
- ☐ **CAMERA**

HOSPITAL BAG FOR YOUR BABY

- RECEIVING BLANKET** ☐
-  **NEWBORN DIAPERS** ☐
- CAR SEAT** ☐
Make sure your car seat is installed before giving birth.
- WIPES** ☐
- GOING HOME OUTFIT** ☐
Make sure you arrange it according to the weather outside.

