

C-SECTION HOSPITAL BAG CHECKLIST

What You Actually Need for Baby & Yourself

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For Mom

Clothing

High-Waisted , Loose or Foldover
Sleep/Lounge Pants or
Nightgowns (2-3)
Nursing Friendly Shirts (2-3)
Nursing Bra (1)
*C-Panties or Granny Panties (1)
Slippers
Sticky Socks (1)
Robe or Cardigan (1)
Loose Going Home Outfit
Flip-flops (for Shower)
Belly Band or Compression Panties
Shoes to Wear Home

Hospital Stay

Insurance Card
Driver's License
Copy of Pre-Registration Papers
Phones
Phone Chargers
Baby Book
Camera

For Baby

Going Home Outfit
Swaddle Blanket (1-2)
Hat
Mittens
Socks
Installed Infant Car Seat
Pacifier

Nursing

Breast Pump
Nursing Pillow
Lanolin or Nipple Balm
Nursing Pads
Nipple Shields
Nursing Cover
Notes from
Breastfeeding Class

Health

Prenatal Vitamins
Prescribed Medications
Stool Softener
Laxatives
Fiber Gummies
Gas Pills
Gum

Diaper Bag

2-3 Newborn Diapers
Pacifiers
Burp Cloth
Wipes
Pacifier Wipes
Changing Pad

For Dad

Change of Clothes (1-2)
Button-up Shirt for
Skin-to-Skin
Loungewear or Pajamas
Toiletries
Flip Flops
Socks
Pillow/Blanket

Toiletries

Shampoo/Conditioner
Dry Shampoo
Loofa/Shower Gel
Deodorant
Razor
Face Wipes
Face Wash
Face Moisturizer
Hair Brush
Toothbrush
Toothpaste
Lip Balm
Hair Ties
Body Lotion
Contact Solution/
Contacts
Glasses
Makeup

Extras

Snacks
Pillow from Home
(non-white pillowcase)
I-Pad or Tablet
Gifts for Nursing Staff