

DADDY'S HOSPITAL BAG CHECKLIST



BASIC

- Reusable water bottle
- Healthy snacks
- Energy drinks
- Hand sanitizer
- Notebook and pen
- First aid kit

CLOTHES

- Sweatshirt
- Pajama bottoms
- Shorts
- Socks
- Underwear
- Jacket
- Slippers

TOILETRIES

- Toothbrush
- Toothpaste
- Shampoo
- Conditioner
- Body wash
- Face wipes
- Deodorant

IMPORTANT

- Insurance card
- Personal ID
- Hospital documents
- Wallet
- Cash
- Credit card
- Medicine

ACCESSORIES

- Pillow
- Blanket
- Sleep mask
- Earplugs
- Book
- Portable speaker
- Board games

ELECTRONICS

- Phone
- Camera
- Tablet
- Laptop
- Earphones
- Chargers
- Power Bank

FOR MOM & BABY

- Towel and flip-flops
- Back massage tools
- Nursing supplies (if breastfeeding)
- Newborn diapers and wipes
- Change of clothes for baby

NOTES

