



JUST a BASIC MAMA

HOSPITAL BAG CHECKLIST

- Nursing Bra
- Nursing Pads
- Boppy Pillow
- Toothpaste/toothbrush
- Snacks
- Dry Shampoo
- Shampoo/Conditioner
- Deodorant
- Body Wash
- Favorite makeup items
- Lotion
- Sweatpants/tank top
- Cell phone chargers
- Camera
- Going home outfit for you
- Going home outfit for baby

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