



The MoMillennial Pinay's

ULTIMATE

HOSPITAL BAG CHECKLIST



MOM

CLOTHING AND GROOMING

- ___ MATERNITY PADS / ADULT DIAPERS
- ___ NIGHTGOWN / NURSING DRESS
- ___ COMFY UNDERGARMENTS
- ___ SOCKS
- ___ SLIPPERS
- ___ GIRDLE
- ___ COMB AND HAIR TIES
- ___ TOILETRIES
- ___ PETROLEUM JELLY / MOISTURIZERS
- ___ GO-HOME OUTFIT

BREASTFEEDING

- ___ NURSING COVER
- ___ NURSING BRA
- ___ NURSING PADS
- ___ NURSING PILLOW
- ___ BREAST PUMP
- ___ BREAST MILK STORAGE

ENTERTAINMENT

- ___ HEADSET
- ___ PHONE AND CHARGER
- ___ BOOK / MAGAZINES
- ___ VIDEO CAMERA

DOCUMENTS

- ___ PHILHEATH ID AND UPDATED MDR
- ___ GOVERNMENT IDS
- ___ HEALTH CARD / INSURANCE DOCS
- ___ PREGNANCY MEDICAL RECORDS
- ___ BABY BOOK

OTHERS

- ___ EXTRA PILLOW
- ___ BLANKET
- ___ LAUNDRY BAG
- ___ SNACKS AND WATER
- ___ MEDICINE KIT



BABY

CLOTHING AND GROOMING

- ___ RECEIVING / SWADDLING BLANKET
- ___ NEWBORN DIAPERS
- ___ CAPS / BONNETS
- ___ TIE-CLOTHES / BODYSUIT
- ___ MITTENS
- ___ BOOTIES
- ___ BURP CLOTHS
- ___ EXTRA MUSLIN SHEETS
- ___ BATH TOWEL
- ___ RUBBER MAT
- ___ COTTON BALLS
- ___ BABY WIPES
- ___ HYPOALLERGENIC BABY SOAP
- ___ BABY OIL
- ___ BABY POWDER
- ___ ISOPROPHYL ALCOHOL
- ___ BETADINE
- ___ GO-HOME OUTFIT

FEEDING

- ___ FEEDING BOTTLE
- ___ BOTTLE CLEANER
- ___ DISHWASHING LIQUID
- ___ DISTILLED WATER
- ___ BOTTLE STERILIZER

OTHERS

- ___ THERMOMETER
- ___ SMALL BASINS
- ___ CAR SEAT

