

Hospital Checklist

Planning & Organization

Birth Plan

- Preferred birthing location: _____
- Pain management preferences: _____
- Support people in the room: _____
- Other preferences: _____

Hospital Bag Checklist

- For Mom:
 - Comfortable clothes.
 - Toiletries.
 - Snacks.
- For Baby:
 - Onesies.
 - Diapers.
 - Blanket.
- For Partner:
 - Change of clothes.
 - Camera/phone.
 - Snacks.

Baby Shopping Checklist

- Essentials:
 -
- Nice-to-Haves:
 -

Prenatal monitoring

31th Week

Date: _____

What's new?

32th Week

Date: _____

What's new?

33th Week

Date: _____

What's new?

34th Week

Date: _____

What's new?

35th Week

Date: _____

What's new?

Hospital Checklist