

Hospital Bag Checklist for Twins

FOR MOM

- Carry-on or Large Bag to fit everything on the list.
- Loose comfy nightgown or nursing nightgown.
- Giant comfy underwear you don't care about.
- Change of clothes for going home.
- Flip-flops, slippers, or slipper socks.
- Toiletry bag with hygiene products, lotion, and lip balm.
- Pillow if you want to bring your own for comfort.
- Camera, cellphone, earbuds, and phone charger.
- Nursing bra, nursing pads, and nipple cream if nursing.
- Folder of Documents the hospital will need.
- Thank you cards for nurses.

FOR THE TWINS

- Diaper bag to fit everything on the list.
- 4-6 Onesies or Sleepers that are easy to put on.
- Change of clothes to go home in for each baby.
- Outfits for pictures of they take them at the hospital.
- Preemie outfit for each baby in case weight was wrong.
- Booties or socks, and hand mittens.
- Hats to wear home if needed for weather.
- Baby Book for documenting the birth details.
- Burp Clothes and or bibs for feeding time.
- Swaddle blankets.
- Car Seat