



ULTIMATE Hospital Bag CHECKLIST FOR TWINS



MY HOSPITAL INFO

Hospital Name: _____

My Doctor: _____

My Scheduled Delivery Date: _____

Created by a Twin Mom & Registered Nurse

BE PREPARED, MAMA! YOU'VE GOT THIS.

FOR MOM



IMPORTANT DOCUMENTS

- ☐ Photo ID
- ☐ Insurance card
- ☐ Birth plan (if using one)
- ☐ Hospital paperwork
- ☐ Pediatrician contact info



CLOTHING

- ☐ Labor gown (optional)
- ☐ Comfortable robe
- ☐ Nursing bras (2-3)
- ☐ Loose pajamas
- ☐ Going-home outfit
- ☐ Non-slip socks
- ☐ Shower shoes



TOILETRIES

- ☐ Toothbrush & toothpaste
- ☐ Hairbrush
- ☐ Hair ties
- ☐ Shampoo & conditioner
- ☐ Face wash
- ☐ Lip balm
- ☐ Deodorant
- ☐ Glasses / contact supplies



RECOVERY ESSENTIALS

- ☐ Long phone charger
- ☐ Water bottle
- ☐ Nursing pillow
- ☐ Nipple cream
- ☐ Snacks approved by your provider

IF YOUR TWINS NEED NICU TIME



- ☐ Notebook for updates
- ☐ Pen
- ☐ Extra phone charger
- ☐ Pump parts
- ☐ Pumping bra
- ☐ Breast milk storage bags
- ☐ Family contact list
- ☐ Comfortable shoes
- ☐ Extra snacks



QUESTIONS FOR MY OB

- ☐ _____
- ☐ _____
- ☐ _____



Twin Mom Club Tip

Most twin moms pack earlier than singleton moms. Twins often arrive before their due date, so having your bags ready around 32-34 weeks can make those final weeks much less stressful.

You're going to do
amazing, Mama!



WE CAN'T WAIT TO MEET YOUR TWINS!

FOR YOUR PARTNER



- ☐ Change of clothes
- ☐ Pajamas
- ☐ Toiletries
- ☐ Phone charger
- ☐ Snacks
- ☐ Refillable water bottle
- ☐ Pillow and blanket

Team
work
makes the
dream
work!



TWIN A

NAME: _____

- ☐ Name tag or label
- ☐ Going-home outfit (newborn)
- ☐ Going-home outfit (0-3 months)
- ☐ Preemie outfit (just in case)
- ☐ Swaddle blanket
- ☐ Hat
- ☐ Mittens (optional)



TWIN B

NAME: _____

- ☐ Name tag or label
- ☐ Going-home outfit (newborn)
- ☐ Going-home outfit (0-3 months)
- ☐ Preemie outfit (just in case)
- ☐ Swaddle blanket
- ☐ Hat
- ☐ Mittens (optional)



DON'T FORGET BEFORE LEAVING HOME

- ☐ Install both car seats
- ☐ Wash baby clothes
- ☐ Charge electronics
- ☐ Set up feeding station
- ☐ Prepare sleeping area
- ☐ Pack bags by 32-34 weeks (many twins arrive early!)

GET MORE FREE TWIN RESOURCES!

Scan the QR code to join the Twin Mom Club and get free printables, prayers, tips, and encouragement!



TWINMOMCLUB.COM



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