



THIRD TRIMESTER CHECKLIST

With baby coming soon, these are the things you should definitely try to fit in during the final weeks of pregnancy! For details on each item, see

<https://marginmakingmom.com/third-trimester-checklist>

TASK

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- Cleaning
- Stock up on essentials
- Plan your meals
- Buy disposable dinnerware
- Thank You cards
- Pay bills
- Pick a name
- Choose a pediatrician
- Wash baby clothes
- Make baby sleep arrangements
- Pack baby items for the hospital
- Book a photo session
- Install carseat
- Buy remaining registry essentials
- Write a birth plan
- Write a postpartum plan
- Take a childbirth class
- Take a hospital tour

- Schedule final appointments
- Have maternity leave arranged
- Make plan for siblings/pets
- Pack hospital bags
- Get postpartum recovery supplies
- Exercise and self-care
- Download contraction timer app
- Have towels handy
- Take a breastfeeding class
- Make a breastfeeding caddy
- Have grab & go snacks handy
- Download a breastfeeding app
- Gather breastfeeding gear
- Know your resources
- _____
- _____
- _____
- _____

HOSPITAL BAG PACKING LIST

FOR MOM - LABOR

- ID and Insurance Card
- Phone and Charger
- Camera
- Hair Tie
- Lip Balm
- Slippers or Socks
- Bra
- Robe
- Toiletries
- Eyeglasses
- Distractions/Affirmations/Music

FOR MOM- AFTER BABY

- Comfy clothes, gown, or robe
- Slippers or Socks
- Stretchy underwear
- Phone charger
- Nursing bra or nursing tank
- Nursing cover
- Your own pillow (optional)
- Makeup
- Going home outfit
- Abdominal binder (for c-section)
- Toiletries & eyeglasses

FOR DAD

- Snacks and Water
- Sweatshirt
- Something to Do
- Toiletries
- Phone Charger or Battery
- Wallet/Cash
- Swimsuit

FOR DIAPER BAG

- Blanket
- Burp cloth
- Pacifier (if using)
- Going home outfit
- Diapers
- Wipes
- Nursing cover

