Hospital Bag Checklist

DUE DATE _____

DOCTOR OR MIDWIFE PHONE _____

HOSPITAL OR BIRTH CENTER _____

DOCUMENTS

- [ ] Photo ID
- [ ] Insurance card
- [ ] Hospital pre-registration papers
- [ ] Birth plan (two or three copies)
- [ ] List of the medicines you take
- [ ] Pediatrician's name and phone number
- [ ]
- [ ]

FOR MOM

- [ ] Robe or loose nightgown
- [ ] Slippers and warm socks
- [ ] Shower flip-flops
- [ ] Comfortable going-home outfit
- [ ] Nursing bras or soft bras
- [ ] Nursing pads
- [ ] Several pairs of high-waisted underwear
- [ ] Postpartum pads (if the hospital does not supply them)
- [ ] Toothbrush, toothpaste and lip balm
- [ ] Hair ties and a brush
- [ ] Glasses or contact lens case
- [ ] Your own pillow in a colored pillowcase
- [ ] Snacks and a water bottle
- [ ] Your daily medicines
- [ ]
- [ ]

FOR BABY

- [ ] Going-home outfit in newborn size
- [ ] Spare outfit in 0 to 3 months size
- [ ] Hat and socks
- [ ] Swaddle or receiving blanket
- [ ] Warm blanket for the ride home
- [ ] Burp cloths
- [ ] Diapers and wipes (if not supplied)
- [ ] Car seat installed in the car
- [ ]
- [ ]

FOR PARTNER OR DAD

- [ ] Change of clothes and a sweater
- [ ] Toiletries and any medicines
- [ ] Phone charger and power bank
- [ ] Snacks and drinks
- [ ] Cash or card for parking and vending machines
- [ ] Light blanket and pillow
- [ ] Book, headphones or a tablet
- [ ] List of people to call with the news
- [ ]
- [ ]

C-SECTION EXTRAS

- [ ] High-waisted underwear that sits above the incision
- [ ] Loose dress or pants with a soft waistband
- [ ] Slip-on shoes so you do not need to bend
- [ ] Extra-long phone cable to reach the bed
- [ ] Abdominal binder, if your provider suggests one
- [ ]
- [ ]

LABOR AND COMFORT

- [ ] Playlist and headphones
- [ ] Eye mask and earplugs
- [ ] Massage lotion
- [ ] Headband or hair clips

Hospital Bag Checklist (continued)

- [ ] Phone or camera for first photos
- [ ]
- [ ]

GRAB BEFORE YOU LEAVE

- [ ] Phone and charger
- [ ] Glasses and daily medicines
- [ ] Car seat in the car
- [ ] Route and parking for the hospital
- [ ]
- [ ]

Ask your hospital what it provides. Many people pack in the last weeks before the due date.