

Hospital Bag Checklist

Clothing

- Nursing tank top and/or nursing bra
- Robe
- Large, dark-colored underwear
- Pajamas

Pro Tip: if you're planning to breastfeed, button down pajamas can make feeding easier

- Flip flops
- Comfy socks and slippers
- Going home outfit for mom

Pro Tip: Pack comfortable maternity clothes like high-rise pants, a flowy dress, or maternity leggings and a comfortable top.

Toiletries

- Toiletries - same as you would pack to go on a trip
- Shower essentials
- Glasses
- Extra contacts, contact case, and contact solution
- Lip balm (Pro Tip: The hospital can get dry - a tube of your favorite lip balm on your bedside table can make you feel more comfortable.)
- Ponytail holder or headband
- Hairbrush
- Travel-sized hand sanitizer for next to your bed

Other Important Items

- Pillows from home
- Nursing pillow
- Snacks
- Water bottle
- Change (quarters) for parking, snack machine, coffee, etc.

Electronics

- Phone charger (Pro Tip: Pack one with an extra-long cord in case there isn't an outlet right near your bedside)
- Camera, memory card, and batteries
- Portable speaker
- Computer or tablet


Pro Tip: Remember, inductions can take a long time so you may want to bring items to help pass the time.

Paperwork

- License or ID
- Insurance information
- Registration forms
- OB/GYN and pediatrician contact information
- Birth preferences sheet
- Baby book

For Baby

- Going home outfit
- Blanket or swaddle



Pro Tip: Babies shouldn't wear coats in their car seat. A blanket or swaddle placed over them in the car seat can help keep their body warm when heading home.

- Hat
- Burp cloths
- Car seat

For Partner

- Change of clothes
- Sweater or jacket
- Pajamas
- Toiletries - same as you would pack to go on a trip
- Books, magazines, or tablet
- Phone charger
- Water bottle

Other Items:

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