

Hospital Bag

CHECKLIST



CHECK IN

- ☐ Photo ID, insurance card, completed hospital forms, birth plan

FOR BABY

- ☐ Approved infant car seat
- ☐ Going home outfit
- ☐ Warm clothing & blanket (if needed)
- ☐ Baby hat & socks

FOR PARTNER

- ☐ Phone & charger
- ☐ Toiletries
- ☐ Pillow & blanket
- ☐ Warm socks
- ☐ Change of clothes
- ☐ Snacks, water, gum, mints
- ☐ Cash/change for the vending machine
- ☐ Entertainment (books, tablet, etc)

FOR MOM

During Labor

- ☐ Lip balm
- ☐ Hair ties
- ☐ Large water bottle with straw
- ☐ Non-slip socks

After Delivery

- ☐ Maternity bra & nursing pads
- ☐ Toiletries (travel size): hairbrush, toothbrush, toothpaste, deodorant, soap/body wash, shampoo, conditioner, moisturizer, basic makeup
- ☐ Glasses/contacts
- ☐ Front-opening, loose tops & elastic waist pants
- ☐ Comfortable robe & nightgown
- ☐ Flat, slip-on shoes/slippers
- ☐ High waist, postpartum underwear
- ☐ Comfortable pillow
- ☐ Non-perishable snacks
- ☐ Phone & charger