

HOSPITAL BAG CHECKLIST

Name: _____

Emergency Contact: _____ Number: _____



Clothes for You:

- Cardigan or robe
- Comfy clothes for labor (or hospital gown)
- Going home outfit
- Loose fitting clothing
- Pajamas
- Slippers
- Socks

For Breastfeeding:

- Breastfeeding pillow
- Breast pump
- Nipple balm
- Nursing bra

Other:

- Adult diapers or pads (hospital will provide some)
- Blankets
- Camera and charger
- Drinks and snacks
- Entertainment (books, tablet, phone)
- Gum or mints
- Snacks or gifts for your nurses (not a requirement, but it really makes their day)
- Pillow
- Wallet (insurance card, ID)

For Baby:

- Blankets and swaddles
- Car seat
- Going home outfit
- Gowns
- Hats
- Mittens
- Onesies
- Pacifiers
- Socks

For Your Partner:

- Change of clothes (1-3 outfits)
- Toiletries

Toiletries:

- Cosmetics
- Deodorant
- Dry shampoo
- Eyecare (glasses, contacts, solution)
- Face wash and skincare
- Hair accessories (brush, headband, ties, tools, etc.)
- Lip balm
- Lotion
- Shampoo and conditioner
- Toothbrush and toothpaste

Labor Comforts:

- Birth affirmations
- Decorative lights and pictures
- Essential oils and diffuser
- Portable speaker for music

Confirm With Your Hospital if You Need to Bring Any of The Following:

- Diapers and wipes for baby
- Food and drinks for the birthing person during postpartum
- Hand sanitizer
- Pads for postpartum
- Postpartum underwear
- Towels, pillows, and blankets
- Tylenol, antacids, stool softeners, etc.

Your List:

- _____
- _____
- _____
- _____
- _____
- _____
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