

Hospital Bag Checklist

For Mom

- Birth plan/Birth Preferences
- Lip balm
- Comfy post-delivery clothes
- Slippers
- Nursing bra
- Nursing pads
- Nipple cream
- Postpartum undies/depends
- Glasses/contacts/solution
- Makeup basics
- Hair dryer
- Hair ties and headbands
- Snacks
- Camera, tablet, etc.
- Chargers for electronics
- A pillow
- Baby book
- Magazines or books
- Shampoo/Conditioner
- Body wash/Face wash/soap
- Razor
- Lotions
- Deodorant
- Toothbrush/Toothpaste

For Your Partner

- An extra change of clothes
- Comfy sleep gear
- Books, magazines, or a tablet
- Comfy pillow and a blanket
- Cell phone
- Camera
- Chargers
- Snacks, snacks, snacks
- Change

For Baby

- Two coming home outfits
- A hat
- Car seat, installed and inspected.
- Snuggly blanket
- Burp cloths

Other Considerations:

- Consider using a small rolling suitcase as your hospital bag.
- Consider bringing treats for the nurses, especially with a planned induction or c-section
- Don't forget all of your important documents that the hospital may need/request.