

Hospital Bag Checklist



THE ESSENTIALS

- ☐ ID and insurance cards
- ☐ 2-3 birth plan copies
- ☐ Toiletries for both mom and dad, including toothbrushes and toothpaste, deodorant, body wash, bath towel, shower shoes
- ☐ Coming home outfit(s) for Baby, including hats
- ☐ Coming home clothes for mom & dad
- ☐ Nursing bras and pads
- ☐ Comb/ Brush (hair ties or a headband is needed)
- ☐ Car seat and base
- ☐ A robe or unique labor and delivery gown
- ☐ Snacks for mom and dad (Lots of them!)

POSTPARTUM CARE

- ☐ Adult sanitary pads or depends
- ☐ Cotton underwear
- ☐ Perineal Spray
- ☐ Perineal cooling pad liners

TOP PICKS THAT OFTEN GET FORGOTTEN OR OVERLOOKED:

- ☐ Your own pillows and blankets
- ☐ Makeup (if you plan to wear)
- ☐ Large-capacity water bottle
- ☐ Nonslip socks/slippers
- ☐ Phone charger
- ☐ Acetaminophen
- ☐ Chapstick
- ☐ Lotion and/ or massage oil

EXTRAS TO CONSIDER:

- ☐ Headphones and/or earplugs and an eye mask
- ☐ A book, or laptop to watch movies, etc. during your stay for observation
- ☐ Relaxing music and speaker
- ☐ Camera/ video camera (charged)
- ☐ Journal and pen
- ☐ Diffuser
- ☐ Affirmation cards