Hospital Bag Checklist

Packed and by the door by week 36.

Documents

- [ ] Photo ID & insurance card
- [ ] Hospital paperwork
- [ ] Birth plan (a few copies)
- [ ] Pediatrician's contact details
- [ ] Phone & extra-long charger

For labor

- [ ] Robe or comfy labor gown
- [ ] Non-slip socks or slippers
- [ ] Lip balm
- [ ] Hair ties or headband
- [ ] Water bottle with a straw
- [ ] Snacks & hard candy
- [ ] Your own pillow
- [ ] Playlist & headphones

For your partner

- [ ] Change of clothes & pajamas
- [ ] Toiletries
- [ ] Snacks & water bottle
- [ ] Pillow & blanket
- [ ] Chargers & power bank
- [ ] Cash or card for parking

After the birth

- [ ] Nursing bras or tanks
- [ ] Nursing pads & nipple cream
- [ ] High-waisted underwear
- [ ] Maternity pads
- [ ] Loose pajamas or loungewear
- [ ] Toiletries & toothbrush
- [ ] Shower flip-flops
- [ ] Glasses or contact lenses
- [ ] Loose going-home outfit

For baby

- [ ] Installed car seat
- [ ] Going-home outfit in 2 sizes
- [ ] Onesies & sleepers
- [ ] Hat, socks & mittens
- [ ] Swaddle blankets
- [ ] Newborn diapers & wipes
- [ ] Burp cloths
- [ ] Pacifier, if using