



H O S P I T A L B A G

C H E C K L I S T

Essentials and little extras for the big moment

HOSPITAL BAG

checklist



FOR MOM

ESSENTIALS

- BIRTH PLAN
- GOING HOME OUTFIT
- TOILETRIES
- NURSING PYJAMAS
- NURSING BRA
- NIPPLE CREAM
- NON-SLIP SOCKS OR SLIPPERS
- SNACKS
- WATER BOTTLE
- POSTPARTUM PADS OR UNDERWEAR

NICE TO HAVE

- LABOR AND DELIVERY GOWN

FOR THE LITTLE ONE

ESSENTIALS

- CAR SEAT
- 2-3 OUTFITS (NEWBORN AND 0-3M)
- ARM-UP SWADDLES / SLEEPSUITS
- GOING HOME OUTFIT
- BLANKETS FOR SKIN-TO-SKIN
- HATS
- BURP CLOTHS

NICE TO HAVE

- DIAPERS AND WIPES
- BOTTLES AND FORMULA
- RECEIVING BLANKET

FOR DAD

ESSENTIALS

- TOILETRIES
- BLANKET AND PILLOW
- 2-3 OUTFITS
- SHIRTS FOR SKIN-TO-SKIN

NICE TO HAVE

- CAMERA

OTHER LABOR SUPPORT

ESSENTIALS

- PHOTO ID AND INSURANCE CARD
- EMERGENCY CONTACT LIST
- PEDIATRICIAN INFO
- PHONE AND CHARGER (LONG CABLE)
- WALLET
- GLASSES OR CONTACTS
- MEDICATIONS

NICE TO HAVE

- BOOK OR KINDLE
- SPEAKER
- LAPTOP OR TABLET
- HANDHELD FAN
- ESSENTIAL OIL DIFFUSER
- HEADPHONES
- HEATING PAD
- TENS MACHINE
- BIRTHING BALL
- CORD BLOOD BANKING INFO
- PLACENTA ENCAPSULATION INFO