



Hospital Bag Checklist

What to Pack in the Hospital Bag for Mom (Labor and Delivery):

- ☐ Hospital paperwork, ID, and insurance card
- ☐ Birth plan
- ☐ Bathrobe
- ☐ Socks
- ☐ Slippers/ flip-flops
- ☐ Lip balm
- ☐ Body lotion
- ☐ Water spray and sponge
- ☐ Comfortable pillow
- ☐ Relaxing entertainment
- ☐ Eye mask and ear plugs

What to Pack in the Hospital Bag for Mom (After Delivery):

- ☐ Nightgowns
- ☐ Heavy-duty maternity pads
- ☐ Underwear/ bras
- ☐ Toiletries
- ☐ Cosmetics and skin care
- ☐ Glasses and contact lenses
- ☐ Phone and charger
- ☐ Clothes
- ☐ Handouts and reference books
- ☐ Snacks and drinks

What to Pack in the Hospital Bag for Your Birth Partner:

- ☐ Snacks and water
- ☐ Phone, camera and/or video camera, plus chargers and batteries
- ☐ Clothes
- ☐ Toiletries
- ☐ Spare glasses or contact lenses
- ☐ Small pillow
- ☐ Entertainment

What to Pack in the Hospital Bag for Your Baby:

- ☐ Bodysuits
- ☐ Socks and booties
- ☐ Receiving blanket
- ☐ Going home outfit
- ☐ Car seat

