

WHAT TO PACK IN YOUR HOSPITAL BAG CHECKLIST

FOR YOU

BASICS

- ☐ ID/wallet
- ☐ Insurance card (if you have one)
- ☐ Birth plan

TOILETRIES

- ☐ Toothbrush/toothpaste
- ☐ Face wash/face wipes
- ☐ Skincare products
- ☐ Deodorant
- ☐ Shampoo (dry or regular shampoo)
- ☐ Hair ties
- ☐ Body wash
- ☐ Lip balm
- ☐ Lotion
- ☐ Angled peri bottle
- ☐ Glasses/contacts
- Accessories for glasses and contacts

CLOTHES

- ☐ Nursing bras
- ☐ Maternity underwear
- ☐ PJs and robe
- ☐ Slip-on shoes
- ☐ Cozy socks or slippers
- ☐ Comfy going home outfit

ALL THE EXTRAS

- ☐ Nipple balm or silverettes
- ☐ White noise machine
- ☐ Nightlight
- ☐ Pillow
- ☐ Personal fan
- ☐ Bath towel
- ☐ Extra-long phone charging cord
- ☐ Portable Bluetooth speaker
- ☐ Reusable water bottle
- ☐ Gum/hard candy/electrolyte drinks

FOR YOUR SUPPORT TEAM

- ☐ Toiletries
- ☐ Snacks
- ☐ Reusable water bottle
- ☐ PJs and extra clothes
- ☐ Laptop or tablet
- ☐ Pillow and blanket or a light sleeping bag

FOR BABY

- ☐ Car seat
- ☐ Bottles (if using)
- ☐ Going home outfit
- ☐ Pediatrician info