



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

