

Hospital Bag Checklist



Labor & Delivery

- _____ ID & Insurance Card
- _____ Phone Chargers
- _____ Video/ Camera + chargers
- _____ Socks (Non-slip grip)
- _____ Hair Ties/ Headband
- _____ Your favorite water bottle
- _____ Birth Plan (if you have one)*
- _____ Song Playlist*
- _____ Fan*
- _____ Lip Balm*
- _____ Snacks for partner*
- _____ Idea of photos you want with doctor/nurses/birth, etc.

Mother Recovery

- _____ Women's Adult Diapers (8x)
- _____ Travel toothbrush/paste
- _____ Travel shampoo/conditioner
- _____ Soft bath towel + washcloth
- _____ Shower Shoes
- _____ Soap + deodorant
- _____ Nursing Tanks + Bras
- _____ Dark button down pajamas
- _____ Slippers (walk the halls)
- _____ Favorite snacks
- _____ Pillow + Blankets *
- _____ Brush + Hair Dryer *
- _____ Skincare or makeup*

Spouse

- _____ Phone charger/extension cord
- _____ Lounge clothes
- _____ Socks
- _____ Underwear
- _____ Toiletries
- _____ Game plan for photos

For Baby

- _____ Swaddle or outfit for photos
- _____ Hat or bows for photos
- _____ Personalized sign or name tag
- _____ Mittens* (I never used these)
- _____ Zip up swaddle*
- _____ Nursing Pillow*
- _____ The hospital has everything for baby, so no need to bring diapers/wipes, etc.

Going Home

- _____ Baby Outfit (Premie or Newborn)
- _____ Moms Outfit (Comfy and loose)
- _____ Dads Outfit
- _____ Car Seat (will bring into hospital)
- _____ Thank-you cards*

Other Items

- _____ Firestick or entertainment
- _____
- _____
- _____
- _____
- _____

Everyone has a different labor experience, so take this list as a helpful guide. I've listed optional Items (*) & encourage you to pack things that make you feel comfortable. You honestly don't need anything, but I felt these items were nice to have.