

Hospital Bag Checklist



pack by 36 weeks · leave it by the door

MOM · LABOR

- [ ] ID, insurance card, hospital papers
- [ ] Birth plan copies
- [ ] Long phone charger
- [ ] Lip balm, hair ties
- [ ] Robe or dark comfy clothes
- [ ] Grip socks or slippers
- [ ] Glasses / contacts case

MOM · AFTER BIRTH

- [ ] Nursing bra or bralette
- [ ] High-waisted roomy underwear
- [ ] Going-home outfit (maternity size)
- [ ] Toiletries + dry shampoo
- [ ] Nipple cream
- [ ] Water bottle with straw
- [ ] Ask hospital: pads & mesh underwear?

BABY

- [ ] Car seat installed
- [ ] Outfit in newborn size
- [ ] Outfit in 0–3 months
- [ ] Swaddle or blanket
- [ ] Hat, socks or mittens
- [ ] Ask hospital: diapers & wipes?

PARTNER

- [ ] Snacks + water bottle
- [ ] Change of clothes, toiletries
- [ ] Own phone charger
- [ ] Pillow from home
- [ ] Cash / card for parking

LAST MINUTE

- [ ] Phone fully charged
- [ ] Snacks from fridge
- [ ] Pet / home plan confirmed

my extras

FREE PRINTABLE FROM PLAYPROFILE · PERSONAL USE · ALWAYS FOLLOW YOUR HOSPITAL'S GUIDANCE