Hospital bag checklist

Pack for comfort. Leave room for real life.

DUE DATE _____ **HOSPITAL** _____

01 / THE GRAB-FIRST ESSENTIALS

- ☐ Photo ID + insurance information
- ☐ Hospital paperwork + birth preferences
- ☐ Medication list + allergy information
- ☐ Phone + long charging cable
- ☐ Glasses / contacts + supplies
- ☐ Care team + support person contacts
- ☐ Wallet + keys

02 / FOR YOU

- ☐ Loose pajamas / robe + going-home outfit
- ☐ Comfortable underwear; high waist if helpful
- ☐ Supportive bra / nursing bra, if wanted
- ☐ Socks + easy-on shoes / shower sandals
- ☐ Toothbrush + toothpaste + deodorant
- ☐ Lip balm + makeup (optional) + hair ties / brush
- ☐ Water bottle + permitted snacks
- ☐ Breast pump + parts + charger, if using

03 / FOR BABY

- ☐ A few sleepers in newborn + 0-3 months
- ☐ Going-home outfit for the weather
- ☐ Diapers + wipes, if not provided
- ☐ Feeding supplies, if the hospital requests
- ☐ Burp cloths
- ☐ Blanket for carrying / supervised cuddles
- ☐ Rear-facing car seat ready for the trip home

04 / SUPPORT + OPTIONAL EXTRAS

- ☐ Support person: clothes + toiletries
- ☐ Support person: snacks + charger
- ☐ Pillow in a recognizable pillowcase
- ☐ Eye mask + earplugs for your rest
- ☐ Headphones + a downloaded playlist
- ☐ Small fan, if permitted
- ☐ Bag for dirty clothes + extra take-home items

CHECK WITH YOUR HOSPITAL BEFORE PACKING

Ask what they provide: postpartum pads / underwear, baby diapers / wipes, and feeding supplies. Confirm medication, food, visitor, and equipment policies.

My hospital provides: _____

LAST-MINUTE GRAB LIST _____

Bag lives here: _____ Person bringing it: _____

Adapt to your birth plan, feeding preferences, and hospital. You do not need every optional extra.