



Pack with peace of mind

Hospital Bag Checklist

Everything you need for labor, recovery, and bringing baby home

Pack by 36 weeks. Keep the bag by the door. Pro tip: Pack a separate "labor bag" with just essentials for easy access!

1 For Labor

- Birth plan (3 copies)
- ID & insurance cards
- Phone + charger (long cord!)
- Hair ties & headband
- Lip balm (hospitals are dry)
- Glasses/contacts case
- Grippy socks
- Robe for walking halls
- Pillow from home
- Massage tools/tennis balls
- Essential oils (if allowed)
- Bluetooth speaker
- Focal point/photos
- Snacks for early labor

2 For Recovery

- Nursing bras (2-3)
- Nursing pads
- Nipple cream
- High-waist underwear (5+)
- Loose PJs or gowns
- Slippers with grip
- Going home outfit (loose!)
- Toiletries bag:
 - Toothbrush/toothpaste
 - Shampoo/conditioner
 - Face wash/moisturizer
 - Deodorant
 - Hairbrush
 - Makeup (if desired)

3 For Partner

- Change of clothes (2 sets)
- Toiletries
- Phone + charger
- Snacks (lots!)
- Cash for vending/cafeteria
- Pillow & blanket
- Entertainment (book, tablet)
- Camera (if not using phone)
- Swimsuit (for shower support)
- Massage lotion
- Copy of birth preferences
- List of people to contact
- Celebratory treat

Don't Bother Packing (Hospital Provides)

Diapers & Wipes

Hospital has plenty, take extras home!

Pads & Mesh Undies

They're ugly but amazing. Stock up.

Peri Bottle

Your new best friend. Take it home.

Baby Blankets

Receiving blankets provided for swaddling.

For Baby

Hospital Stay

- Going home outfit
- Backup outfit (blowouts!)
- Socks/booties
- Hat (if desired)
- Swaddle blanket
- Pacifier (if using)

Going Home

- Car seat (installed!)
- Weather-appropriate layer
- Burp cloths
- Nursing pillow (in car)

Last-Minute Grab List

- ! Fresh phone charge
- ! Car seat checked
- ! House ready for return
- ! Wallet/purse
- ! Pet care arranged
- ! Pediatrician number

Personal Notes

Hospital Name & Address

Provider's Number

Doula's Number

Emergency Contact

Pre-registration Complete?

Yes No — Do this by week 36!

Other Notes