



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

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### Provider's Number

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### Doula's Number

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### Emergency Contact

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### Pre-registration Complete?

☐ Yes ☐ No — Do this by week 36!

### Other Notes

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