



## Hospital Bag Checklist

There's so much to think about when it comes to packing your hospital bag. Consider this checklist to help you get organized and ready for your big day!

### For Mama

#### Basics

- Directions to birthing facility
- Wallet with ID and insurance card
- Birth plan (if you have one)

#### Memory-making

- Phone with charger
- Camera
- Video camera

#### Pampering

- Robe
- Slippers
- Nonskid socks

#### Clothes

- Baggy, loose-waisted pants or skirt
- 2 or 3 shirts with easy access to front (for skin-to-skin and/or breastfeeding). Try nursing tanks or shirts, or others with a front zipper or buttons.
- Second-rate panties (you'll bleed after delivery)

#### Nourishment ideas for early labor and after

- Salty options: tortilla chips, crackers
- Fruit: pineapple, apple, orange
- Calories: granola bar, dark chocolate/sea salt almonds, nuts
- Liquids: smoothies or juice, and water

#### Refreshment

- Hairbrush
- Toothbrush
- Soap
- Lotion
- Razor
- Makeup
- Jewelry

#### Nipple love for breastfeeding

- Nursing bra or tank
- Nursing pads
- Medical-grade lanolin (unless you're allergic to wool)
- Nipple shield if you have flat or inverted nipples

#### Labor support

- Birthing ball or nonskid yoga ball
- Music
- Aromatherapy
- Massage oil
- Flameless votive candles
- Pictures of labor positions
- Encouraging quotes/verses/pictures

#### Sharing the big news!

- List of people to contact after birth (e.g., phone, email, etc.)



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### For Support Person

#### Clothes

- Change of clothes  
Make sure they're comfy:  
appropriate for helping in labor and  
then relaxing afterward.
- Swimsuit if helping laboring mama  
in shower or bath

#### Toiletries

- Toothbrush
- Toothpaste
- Razor
- Comb/brush
- Deodorant
- Shampoo
- Conditioner

#### Nourishment

- Snacks easy to grab during labor
- Water bottle(s)

#### Essentials/accessories

- Wallet
- ID
- Phone with charger
- Camera

### For Baby

- Car seat
- Diaper bag
- Clothes
  - Onesies (including a newborn  
and 0–3 sized)
  - Sleeper/PJs
  - Hat
  - Jacket/snowsuit (if cold)
- Newborn-sized diapers (3 or 4)
- Diaper wipes, diaper rash cream
- Burp cloths (1 or 2)