

Hospital Bag Checklist

A simple checklist for mom, baby & partner



For Mom

- ☐ Photo ID and insurance card
- ☐ Hospital / birth center paperwork
- ☐ Birth plan, if you have one
- ☐ Comfortable robe or cardigan
- ☐ Loose, comfortable clothes for going home
- ☐ Nursing-friendly tops or pajamas
- ☐ Nursing bras
- ☐ High-waisted or disposable underwear
- ☐ Maternity pads (if recommended by your provider)
- ☐ Non-slip socks
- ☐ Comfortable slippers or flip-flops
- ☐ Toiletries: toothbrush, toothpaste, shampoo, conditioner, body wash
- ☐ Hair ties / headband
- ☐ Glasses and contact-lens supplies, if needed
- ☐ Phone and extra-long charging cable
- ☐ Water bottle
- ☐ Snacks, if permitted
- ☐ Pillow or small comfort item
- ☐ Any regular medications, following your care team's instructions
- ☐ Mini fan
- ☐ Hair bonnet



For Baby

- ☐ Newborn outfits (2-3)
- ☐ Going-home outfit appropriate for the weather
- ☐ Newborn diapers
- ☐ Wipes
- ☐ Receiving blanket
- ☐ Swaddle blanket
- ☐ Burp cloths
- ☐ Newborn cap
- ☐ Pacifier, if you plan to use one
- ☐ Car seat installed before going to the hospital
- ☐ Baby formula (if not breastfeeding immediately)
- ☐ Feeding bottle (optional backup)



For Partner / Support Person

- ☐ Photo ID
- ☐ Phone and charger
- ☐ Water flask
- ☐ Sweater or light jacket
- ☐ Toiletries
- ☐ Snacks and water bottle
- ☐ Any medications they regularly need

- ☐ Small pillow or blanket
- ☐ Change of clothes
- ☐ Cash for emergency expenses
- ☐ Tripod for videos



Helpful Extras

- ☐ Small laundry bag for dirty clothes
- ☐ Plastic bags for wet or soiled items
- ☐ Nursing pillow, if you want to bring one
- ☐ Small night light
- ☐ Earplugs or eye mask
- ☐ Camera, if you use one
- ☐ Folder for hospital paperwork
- ☐ A small tote for items provided by the hospital



Before You Leave Home

- ☐ Confirm your hospital / birth center admission instructions
- ☐ Save the hospital phone number in your phone
- ☐ Install the baby's car seat correctly
- ☐ Pack your bags and keep them easy to reach
- ☐ Confirm your route and parking instructions
- ☐ Charge phones and portable batteries
- ☐ Check what your hospital provides so you don't overpack

Note: Hospital policies and what you need to bring can vary. Check your hospital or birth center's current instructions and follow your healthcare team's guidance.