

Hospital Bag Checklist

For Mom:

- ☐ **paperwork & ID** Insurance card, ID, and any required forms.
- ☐ **bras, pads and underpads** For comfort and support after delivery, hospital has under pads, but pack some also
- ☐ **Toiletries** Toothbrush, toothpaste, bath soap, deodorant, lip balm, hairbrush, and hair ties, and peri bottle
- ☐ **Skincare wipes & moisturizer** Hospitals can be dry; keep your skin refreshed.
- ☐ **Clothings** Comfortable gown , socks, small towel and disposable panties.

For Baby:

- ☐ **2-3 onesies or sleepers** Soft, breathable fabrics work best.
- ☐ **Swaddle or warm blanket** For comfort and warmth.
- ☐ **Hat, mittens & socks** Newborns lose heat quickly.
- ☐ **Diapers and wipes** Most hospitals supply them, but extras are always handy.
- ☐ **Going-home outfit** Choose something cozy and weather-appropriate.
- ☐ **Car seat (installed)** Required for discharge; ensure it's correctly positioned beforehand.

For Partner or Support Person:

- ☐ **Change of clothes** For longer stays or unexpected overnights.
- ☐ **Snacks and drinks** Easy snacks and drinks as meals may be limited within the hospital
Stay connected without disturbing mom.
- ☐ **Phone charger & headphones**
- ☐ **Camera or phone for photos** Capture your earliest moments as a family.
- ☐ **Entertainment** Phone chargers, Book, tablet, or music for waiting periods for Mom & support person

Congratulations!

Pack your hospital bag around Week 36 to stay fully prepared, just in case baby decides to arrive early.