

Hospital Bag Checklist

Many families pack about four to six weeks before the due date. Check with your hospital or birth center — some supply items like diapers and pads.

Documents & essentials

- ☐ Photo ID and insurance card
- ☐ Hospital paperwork and birth plan (if you have one)
- ☐ List of medications and allergies
- ☐ Phone, charger and a long charging cable
- ☐ Pediatrician's name and phone number

For you

- ☐ Comfortable robe or loose clothing
- ☐ Non-slip socks or slippers
- ☐ Nursing bra or soft supportive bra
- ☐ Several pairs of comfortable, high-waisted underwear
- ☐ Maternity pads (extra, even if the hospital supplies some)
- ☐ Loose, comfortable going-home outfit
- ☐ Toiletries: toothbrush, lip balm, hair ties, bonnet or scarf
- ☐ Glasses or contact lens supplies
- ☐ Snacks and a refillable water bottle

For baby

- ☐ Going-home outfit in newborn and 0–3 month sizes
- ☐ Soft hat and socks
- ☐ A swaddle or blanket for the journey (not for sleep)
- ☐ A few diapers and wipes, if not supplied
- ☐ Rear-facing car seat, installed in the car

For your support person

- ☐ Change of clothes and toiletries
- ☐ Snacks, drinks and a little cash
- ☐ Their phone charger
- ☐ Pillow and a light blanket
- ☐ Contact list of people to update

Comfort extras

- ☐ Your own pillow (in a colored pillowcase so it doesn't get mixed up)
- ☐ Headphones and a calming playlist
- ☐ Nursing pillow, if you plan to use one

Before you leave

Notes
