



# Hospital Bag Checklist for Giving Birth

## CLOTHES

### FOR YOU

#### ESSENTIAL:

- Nursing bra (2) or nursing tank (2)
- Underwear (2-3 pairs)
- Socks (2-3 pairs)
- Going home clothes (your favorite maternity yoga pants and shirt are just fine, but just in case you want something special!)

#### OPTIONAL:

- Pajamas
- Robe
- Slippers/Flip Flops
- Lounge wear

### FOR BABY

#### ESSENTIAL:

- Long-sleeve snap-up or zip-up onesie with feet.
- Receiving blanket for the car seat.

#### OPTIONAL:

- Size NB or 0-3 month size clothes for the baby's stay in the hospital.
- Size NB or 0-3 month size clothes for going home. Consider the baby's comfort (for example, while wearing their special outfit in the car seat – avoid bows in the back).
- Receiving blanket.
- Socks.
- Baby mittens so the baby doesn't scratch him/herself.

## TOILETRIES

#### ESSENTIAL:

- Specialty skincare or prescriptions
- Contacts/Glasses

#### OPTIONAL:

- Pack a toiletry bag with travel or trial size supplies you may wish to have on hand.
- Lip balm
- Nipple cream (if you plan on breastfeeding)
- Deodorant
- Brush and/or comb
- Soap/Shampoo/Conditioner
- Face wash or wipes
- Lotions
- Hair dryer and other hair products
- Makeup and brushes/sponges

## FOOD & SNACKS

#### ESSENTIAL:

- Specialty dietary needs for you or your support person

#### OPTIONAL:

- Portable cooler with your favorite snacks
- Reusable water bottle/cup with electrolyte flavor pouches



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## LINENS/BEDDING

### ESSENTIAL:

- Nothing extra – the hospital's got you covered!

### OPTIONAL:

- Large bath towel (1-2)
- Your favorite pillow
- Your favorite blanket
- Lightweight sleeping bag/pillow for your support person (hospital will also supply linens for fold out bed).

## PAPERWORK

### ESSENTIAL:

- Insurance information
- ID
- Pediatrician's contact information, including phone, email, and fax

### OPTIONAL:

- Birth plan if you have one (3 copies – one for your support person, one for the hospital, and one for your OBGYN)

## BABY CARE

### ESSENTIAL:

- Car seat with newborn insert.
- Assemble the car seat, install the base, practice putting it in and getting it out of your vehicle.

## ENTERTAINMENT/ TECHNOLOGY

### ESSENTIAL:

- Phone charger with an extra-long cord
- Power cords for laptop, tablet, or any other tech you bring.

### OPTIONAL:

- Tablet or laptop
- Camera
- Passwords for your streaming services
- Portable Bluetooth speakers
- Book
- Music playlist – downloaded, several hours long

### LEAVE THESE THINGS AT HOME

- Breast pump & accessories: you'll have access to one at the hospital if you need it.
- Nursing pillow: most moms who bring this don't use it.
- Diapers/wipes: the hospital will give you plenty!
- Sheets
- Candles: Candles aren't allowed in the hospital.