

Hospital Bag Checklist

What to pack for labor, delivery and the stay

birthplan.net

Due date: _____

Bag packed by: _____

Hospital / birth center: _____

Labor & delivery phone: _____

Pack by 36 weeks (32-35 weeks for twins or if you have been told an early birth is likely). Plan for about 2 days after a vaginal birth and 3-4 days after a cesarean. Tick items as you pack them.

DOCUMENTS

- ☐ Photo ID
- ☐ Insurance card / maternity notes
- ☐ Birth plan (3-4 copies)
- ☐ Hospital pre-registration forms
- ☐ Pediatrician's name and phone

FOR LABOR

- ☐ Phone + long charging cable
- ☐ Lip balm and hair ties
- ☐ Snacks and a refillable water bottle
- ☐ Glasses / contact lens case
- ☐ Comfortable labor outfit or own gown
- ☐ Non-slip socks or slippers
- ☐ Playlist, speaker, headphones

Other: _____

FOR MOM AFTER BIRTH

- ☐ Robe and nightwear that opens at the front
- ☐ 2-3 nursing bras
- ☐ Dark, high-waisted underwear (5-6 pairs)
- ☐ Maternity pads (your preferred brand)
- ☐ Nursing pads and nipple cream
- ☐ Toiletries, toothbrush, deodorant
- ☐ Regular medications and vitamins
- ☐ Going-home outfit (loose, 6-month bump size)
- ☐ Pillow with a colored case

Other: _____

FOR BABY

- ☐ Rear-facing car seat, installed and checked
- ☐ 2-3 bodysuits / sleepsuits in newborn size
- ☐ 1-2 outfits in 0-3 months size
- ☐ Hat, socks and scratch mittens
- ☐ Swaddle or blanket for the ride home
- ☐ Diapers and wipes (if hospital doesn't provide)
- ☐ Formula and bottles (if formula feeding)

Other: _____

FOR THE BIRTH PARTNER

- ☐ Change of clothes and sleepwear
- ☐ Toiletries and medications
- ☐ Snacks, drinks, cash / card for parking
- ☐ Phone charger
- ☐ Sweatshirt (hospitals are cold)
- ☐ Contact list for announcing the birth

Other: _____

CESAREAN EXTRAS

- ☐ High-waisted underwear and leggings
- ☐ Loose dress or pants that sit above the scar
- ☐ Extra day of clothes
- ☐ Belly binder (if recommended)

PACK AT THE LAST MINUTE

- ☐ Phone and charger
- ☐ Medications from the fridge
- ☐ Glasses and toothbrush
- ☐ This birth plan and maternity notes

MY OWN ITEMS