

Hospital Bag Checklist

Mom

Labor and Delivery

- ID
- Health insurance card
- Hospital paperwork
- 1 box of energy bars
- Water bottle
- Lip balm
- Hair tie

After Delivery

- 1 pack of disposable adult underwear
- Plush, lightweight robe
- Nursing bra with no underwire
- Phone and charger
- Paper file folder
- Prenatal vitamins
- Nursing pillow
- Toothbrush, toothpaste, face wash, moisturizer etc.)
- Dark colored clothes that are comfortable to sleep in (2 pants, 2 button down shirts for easier breastfeeding, 2 pairs of thick socks)

Dad

- Camera
- Phone and charger
- Change of clothes
- Pillow and blanket
- Snacks

Baby

- 1 pack of Diapers (20+ diapers) and Wipes
- Kleenex
- Vaseline or alternative bum cream
- Going home outfit
- Car seat canopy
- Blanket
- Car seat

Important Notes:

- 1) Quantities may vary depending on your length of stay.
- 2) Before you do any packing, contact your hospital to ask what they do and do not provide you.
- 3) Speak to your maternity ward if you're checking out without an infant car seat.
- 4) Pack your hospital bag a month before you anticipate needing it.