



Hospital Bag Checklist



BIRTHING PARENT

General

Necessities

- Phone + extra long charger
- Favorite snacks
- Slip-on shoes
- Going home outfit
- Wallet/License and Insurance card
- Daily prescriptions
- Reusable water bottle
- Cozy/non-slip socks/slippers

Nice to Have

- Robe
- Your own pillow
- Portable Bluetooth speaker
- Portable fan
- Gum

Optional

- Room spray
- Birth plan (if using)

Toiletries

Necessities

- Toothbrush + toothpaste
- Chapstick
- Hair ties/headband
- Face wash
- Dry shampoo (or regular shampoo + conditioner)
- Body wash
- Glasses/contacts
- Lotion

Nice to Have

- Preferred underwear/diaper
- Your own bath towel

Optional

- Makeup
- Blow dryer

Baby Feeding

Necessities (Breastfeeding)

- Nursing bra or tank
- Nipple balm
- Nursing friendly clothes
- Breast pads

Necessities (Bottle Feeding)

- Bottles
- Preferred formula

Nice to Have (Breastfeeding)

- Breastfeeding pillow

Optional

- Breast pump (on-site Lactation Consultant may be able to help with pump education and flange fit)

Hospital May Provide

- ✓ Disposable mesh underwear
- ✓ Tucks or Dermoplast spray
- ✓ Peri bottle
- ✓ Hospital gown
- ✓ Towels
- ✓ Nipple balm
- ✓ Belly binder (for C-section)



Hospital Bag Checklist

FOR BABY

General

- Car seat
- Going home outfit
- 1-2 onesies/sleepers
- Pediatrician contact information

Hospital May Provide

- Swaddle blanket
- Diapers
- Wipes
- Bulb syringe

FOR SUPPORT PERSON

General

- Phone + extra long charger
- Snacks
- Toiletries
- Pillow + light sleeping bag or blanket
- Pajamas, change of clothes
- Daily prescriptions
- Reusable water bottle
- Entertainment (e.g., laptop or tablet, games, books)