

Hospital Bag Checklist

Before you head to the hospital, you'll want to have everything packed and ready. Check with your hospital or obstetrician to find out what items might be provided during your hospital stay.

If you're not sure where to start, this checklist can help.

General Necessities

- ☐ Photo ID & health insurance card
- ☐ Folder with paperwork
- ☐ Your favorite pregnancy book
- ☐ A camera and/or a means of recording baby's first cries
- ☐ Thank you notes and stamps
- ☐ Blackout eye mask
- ☐ Oh, and don't forget...

For Your Baby

- ☐ Car seat with securely installed base
- ☐ Diapers for the trip home
- ☐ Seasonal outfit for the trip home
- ☐ Hat/beanie
- ☐ Socks/booties
- ☐ Blankets
- ☐ Burp cloth
- ☐ Oh, and don't forget...

Personal Care

- ☐ Body wash/soap
- ☐ Shampoo & conditioner
- ☐ Deodorant
- ☐ Brush/comb
- ☐ Hair bands
- ☐ Toothbrush & toothpaste
- ☐ Floss
- ☐ Mouthwash/mints
- ☐ Glasses/contacts/solution
- ☐ Facial cleanser
- ☐ Lip gloss/lip balm
- ☐ Body & facial lotion
- ☐ Makeup/cosmetics
- ☐ Maxi pads
- ☐ Prescription medications
- ☐ Small bottle of antibacterial hand wash
- ☐ Razor and shaving cream
- ☐ Oh, and don't forget...

Clothing

- ☐ Robe
- ☐ Sweats/comfy outfit
- ☐ Loose-fitting clothes to wear home
- ☐ Front-fastening nightgown
- ☐ Nursing pads & bras
- ☐ Slippers
- ☐ Stretchy, breathable (or disposable) underwear
- ☐ Thick socks
- ☐ Oh, and don't forget...

Last-Minute Items

- ☐ Cash/debit card
- ☐ Mobile phone & charger
- ☐ Tablet/laptop & charger
- ☐ Directions to the hospital
- ☐ Oh, and don't forget...

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The Little Extras for Mom

- ☐ Pictures of family
- ☐ Headphones
- ☐ Favorite music/playlist
- ☐ Baby journal
- ☐ Magazines/reading material
- ☐ Snacks
- ☐ Pedialyte® powder packs
- ☐ Comfortable pillow

☐ Oh, and don't forget...

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Anything Else

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