

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

- ☐ Documentation required for hospital admittance
- ☐ Folder to collect paperwork
- ☐ Blackout eye mask
- ☐ Cash/debit card
- ☐ Mobile phone & charger
- ☐ Tablet/laptop & charger
- ☐ 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 accessories/ties
- ☐ Toothbrush & toothpaste
- ☐ Floss
- ☐ Mouthwash/mints
- ☐ Glasses/contacts/solution
- ☐ Facial cleanser
- ☐ Lip gloss/lip balm
- ☐ Body & facial lotion
- ☐ Makeup/cosmetics
- ☐ Maxi pads
- ☐ Prescription medications
- ☐ Oh, and don't forget...

Clothing for You

- ☐ Robe
- ☐ Comfortable change of clothes to wear home
- ☐ Front-fastening nightgown
- ☐ Slippers
- ☐ Stretchy, breathable (or disposable) underwear
- ☐ Thick socks
- ☐ Nursing pads
- ☐ Nursing bra (for those who choose to breastfeed)
- ☐ Oh, and don't forget...

The Little Extras for You

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

☐ Oh, and don't forget...

Anything Else

Anything Else

