



HOSPITAL BAG

Checklist

PACK BY
36
WEEKS

EVERYTHING YOU NEED FOR A COMFORTABLE BIRTH & POSTPARTUM STAY



For Mom

- ☐ Photo ID & insurance card
- ☐ Birth preferences / birth plan
- ☐ Phone + extra-long charger
- ☐ Portable battery pack
- ☐ Comfortable labor gown (optional)
- ☐ Nursing bras (2)
- ☐ Loose pajamas or button-down nightgown
- ☐ Going-home outfit
- ☐ Warm robe or cardigan
- ☐ Slippers & non-slip socks
- ☐ Shower shoes (flip flops)
- ☐ Toiletries (toothbrush, toothpaste, shampoo, conditioner, body wash, deodorant)
- ☐ Hair ties & brush
- ☐ Lip balm
- ☐ Face wipes & moisturizer
- ☐ Glasses or contacts (if needed)
- ☐ Water bottle
- ☐ Favorite snacks & electrolyte drinks
- ☐ Medications
- ☐ Pillow (colored pillowcase helps identify yours)



Labor Comfort Items

- ☐ Bluetooth speaker & birth playlist
- ☐ Portable fan
- ☐ Heating pad
- ☐ Birth comb
- ☐ Wooden spiky birth balls
- ☐ Massage tool
- ☐ Essential oils
- ☐ Eye mask & ear plugs



For Baby

- ☐ Infant car seat (installed)
- ☐ Going-home outfit
- ☐ 3 footie pajamas
- ☐ 2 hats
- ☐ Socks or booties
- ☐ 2 Velcro swaddles
- ☐ Soft warm fleece blanket
- ☐ Baby blanket for the ride home
- ☐ Pacifier (if using)
- ☐ Wooden name sign for photos



For Your Support Person

- ☐ Change of clothes
- ☐ Pajamas
- ☐ Swimsuit (for labor support in the shower or tub)
- ☐ Flip flops
- ☐ Toiletries
- ☐ Blanket
- ☐ Pillow
- ☐ Phone charger
- ☐ Snacks & drinks
- ☐ Wallet & medications



Usually Provided BY THE HOSPITAL

- ✓ Disposable underwear
- ✓ Mesh underwear
- ✓ Large maternity pads
- ✓ Peri bottle
- ✓ Ice packs
- ✓ Baby diapers
- ✓ Baby wipes
- ✓ Receiving blankets
- ✓ Basic baby hat



Check with your hospital, as supplies may vary.



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Thriving families.