

HOSPITAL BAG CHECKLIST

For Mama

Essentials

- ☐ ID (e.g. Driver's License)
- ☐ Phone
- ☐ Pajamas
- ☐ Nursing and pumping bra
- ☐ Postpartum underwear
- ☐ Hair tie
- ☐ Hairbrush
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Floss
- ☐ Shampoo
- ☐ Bodywash
- ☐ Lip balm
- ☐ Prenatal vitamins (3+ day supply)
- ☐ Going home outfit
- ☐ Portable charger

If applicable

- ☐ Insurance card
- ☐ Birth plan
- ☐ Eyeglasses
- ☐ Contact lenses
- ☐ Contact solution
- ☐ Contact lenses case
- ☐ Make-up
- ☐ Make-up wipes

Optional

- ☐ Nipple relief cream
- ☐ Upside down peri-bottle spray
- ☐ Ear plugs
- ☐ Slippers or sandals
- ☐ Shower sandals
- ☐ Bath towel
- ☐ Document folder
- ☐ Empty tote bag

For Baby

Essentials

- ☐ Infant car seat (installed in car)
- ☐ Going home outfit

Optional

- ☐ Beanie
- ☐ Mittens
- ☐ Socks
- ☐ Letterboard
- ☐ Swaddle / Blanket
- ☐ Burp cloth
- ☐ Pacifier
- ☐ Car seat cover

For Papa or other Support

Essentials

- ☐ Credit card and cash
- ☐ ID (e.g. Driver's License)
- ☐ Phone
- ☐ Shirt
- ☐ Pants
- ☐ Underwear
- ☐ Socks
- ☐ Sweater
- ☐ Toothbrush

If not sharing

- ☐ Toothpaste
- ☐ Floss
- ☐ Shampoo
- ☐ Bodywash
- ☐ Portable Charger

If applicable

- ☐ Glasses
- ☐ Contact lenses
- ☐ Contact solution
- ☐ Contact lenses case
- ☐ Medication

Optional

- ☐ Non-perishable snacks
- ☐ Water bottle
- ☐ Pillow
- ☐ Blanket
- ☐ Bath towel
- ☐ Headphones

Notes