

HOSPITAL BAG CHECKLIST

A no-regrets packing list for birth day

FOR LABOUR AND DELIVERY

- ☐ ID
- ☐ Health card
- ☐ Insurance card, if needed
- ☐ Glasses or contact lenses
- ☐ Toothbrush and toothpaste
- ☐ Hairbrush
- ☐ Shampoo and conditioner
- ☐ Body wash
- ☐ Face wash
- ☐ Moisturizer
- ☐ Lip balm
- ☐ Hair ties
- ☐ Comfortable clothes
- ☐ Nightgown or high-waisted pants or shorts
- ☐ Robe
- ☐ Slippers or grippy socks
- ☐ Phone charger with an extra-long cord
- ☐ Refillable water bottle with a straw
- ☐ Nursing bra or tank, if breastfeeding
- ☐ Pillow from home
- ☐ Birth plan or preferences, if you have them

FOR BABY

- ☐ Going-home outfit in newborn size
- ☐ Going-home outfit in 0-3 month size
- ☐ Hat
- ☐ Socks
- ☐ Blanket for the ride home
- ☐ Properly installed car seat
- ☐ Swaddle blankets
- ☐ Newborn diapers, if preferred CHECK WITH YOUR HOSPITAL
- ☐ Wipes, if preferred CHECK WITH YOUR HOSPITAL
- ☐ Baby nail file or clippers
- ☐ Pacifier (optional)
- ☐ Formula, if needed and brand-specific CHECK WITH YOUR HOSPITAL

COMFORT ITEMS

- ☐ Your own labour gown
- ☐ Silk pillowcase
- ☐ Soft blanket from home
- ☐ Large towel from home

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Pack what matters. Skip what does not.

POSTPARTUM RECOVERY

- ☐ Comfortable postpartum outfits
- ☐ Going-home outfit for you
- ☐ Postpartum underwear or adult diapers
- ☐ CHECK WITH YOUR HOSPITAL
- ☐ Perineal care items CHECK WITH YOUR HOSPITAL
- ☐ Nursing pillow

PARTNER / SUPPORT

- ☐ Change of clothes
- ☐ Toiletries
- ☐ Snacks and drinks
- ☐ Pillow and blanket
- ☐ Laptop, tablet or phone
- ☐ Phone charger
- ☐ Portable power bank
- ☐ Tylenol or Advil

DOCUMENTS & TECH

- ☐ Identification
- ☐ Hospital registration forms or pre-admission paperwork
- ☐ Insurance information
- ☐ Phone
- ☐ Extra-long charging cord
- ☐ Camera (optional)
- ☐ Headphones
- ☐ Hospital-specific badges

A FEW PACKING NOTES

Most hospitals provide some basics, but what they supply varies. Check your hospital's list before you go.

Pack for comfort first.

Bring the must-haves, then add extras only if you have space.

A phone charger, lip balm, water bottle and easy clothes are often the items people use most.