

Hospital Bag Checklist (Mom + Baby + Partner)

One-page packing list for labor, delivery, and the first days postpartum (adjust for your hospital and season).

Due date: _____ Hospital: _____

Bring to Admissions (quick grab)

- Photo ID + health card/insurance info
- Hospital paperwork + birth preferences (if any)
- Phone + long charging cable
- Wallet/keys + a little cash/coins (parking)

Mom (Birthing Parent)

- Comfortable robe or cardigan
- 2–3 nursing bras/tanks (if breastfeeding)
- Loose pajamas + socks/slippers
- Going-home outfit (soft, high-waisted)
- Toiletries: toothbrush, face wash, deodorant
- Hair ties/clips + lip balm (MVP)
- Postpartum pads/underwear + peri bottle (if you prefer your own)
- Water bottle + easy snacks

Baby

- 2–3 zip sleepers (NB/0–3m mix)
- 2 bodysuits/onesies
- Going-home outfit (season-ready)
- Swaddle blanket or sleep sack (optional)
- Hat + socks (optional)
- Car seat installed + checked
- Pacifier (optional, 1–2)
- Burp cloth (1–2)

Partner / Support Person

- Change of clothes + comfy layers
- Toiletries + any meds
- Snacks + water bottle
- Phone + charger
- Small pillow/blanket (optional)
- Entertainment for downtime
- List of important contacts
- Cash/coins for vending/parking

Nice-to-Haves (if you have space)

- Eye mask + earplugs (hospital sleep is... ambitious)
- Extra tote bag for paperwork/gifts
- Cooling pads or silver cups (if nursing)
- Your own pillowcase (comfort + easier washing)
- Mini fan or hair clip (if you run warm)
- Camera/small tripod for photos (optional)

Skip-for-Now (save space + sanity)

- Too many baby outfits (they live in sleepers)
- Full-size toiletries/perfumes (keep it simple)
- Valuables you'd worry about losing
- Breast pump unless advised/needed
- Bulky blankets for baby's sleep space
- A dozen gadgets that add stress, not comfort