

# Hospital bag checklist



## For mom

### During labor

- Short night gown or t-shirt
- Pajama
- Warm slip resistant socks
- Music
- Cozy lamp
- Heat Pillow
- Massage oil
- Healthy snacks
- Glucose tablets

### During hospital stay

- Toiletry items and make-up
- Pajama
- Loose fitting tops and pants
- Going home outfit
- Nursing bras
- Underwear
- Slippers
- Nursing cover
- Nursing pillow
- Towel and washcloths
- Notebook and pen
- Magazine/book
- Smartphone charger
- Healthy snacks

## Extra

- Announcement board
- Treats visitors
- Drinks
- Bag/box to take presents home
- Scissors

## For baby

- First outfit
- Pajamas
- Newborn hat
- Newborn mittens
- Muslin cloths
- Swaddle
- Blanket
- Burp Cloths
- Bottles (if needed)
- Going home clothes
- Baby wearing wrap
- Diapers (if required)
- Car seat (installed)

## For partner

- Comfortable clothes
- Toiletry items
- Pajama
- Towel and Washcloth
- Camera
- Smartphone charger
- Portable speaker

## Administration

- Birth plan
- ID cards
- Money/credit card
- Pregnancy follow-up book
- Insurance documents
- Medical info: blood type, allergies, vaccinations