

Hospital Bag Checklist

Pack this by week 36, just in case

For You

- ☐ Comfortable robe or nightgown
- ☐ Flip-flops for the shower
- ☐ Going-home outfit, loose fitting
- ☐ Snacks for during labor
- ☐ Toiletries and basic makeup
- ☐ Nursing bra or tank tops
- ☐ Phone charger with a long cord
- ☐ Pillow from home, in a colored case

For Baby

- ☐ Going-home outfit, two sizes
- ☐ Rear-facing car seat, installed ahead of time
- ☐ Swaddle blanket
- ☐ Hat and socks

For Your Support Person

- ☐ Change of clothes
- ☐ Phone charger
- ☐ Snacks and a water bottle
- ☐ Something to pass the time (book, cards)

Paperwork

- ☐ Photo ID and insurance card
- ☐ Birth plan copies, if you made one
- ☐ Hospital pre-registration forms
- ☐ Pediatrician's name and contact info

Worth remembering. Pack this by week 36, most hospitals also stock diapers, wipes, and basic newborn supplies, so treat this list as the extras rather than everything you'll need.