

# HOSPITAL BAG CHECKLIST

- Photo Id
- Insurance card
- Any hospital paperwork your provider has previously passed onto you
- Cameras with battery chargers
- Laptop with camera/phone download cable
- Phones and phone chargers
- List of phone numbers
- Name and phone number of the pediatrician (or physician group) you have chosen
- Infant car seat
- Personal toiletries: toothbrush, toothpaste, lip balm, deodorant, brush/comb, makeup, hairbands, soap, shampoo/conditioner (and perhaps dry-shampoo and hairdryer), lotion, face wash, extra pair of contacts, contact lens case/solution, eyeglasses.
- Bathrobe
- Nightgown or pjs (sleeveless or loose sleeves for blood pressure checks)
- Socks and/or slippers
- Entertainment: Could be light reading (i.e. magazine or two)—but more likely you'll want to watch something.
- Snacks (and money for hospital snacks or take-out)
- Hard candy or throat lozenges (sugar-free ideally); popsicles are also commonly recommended
- Notebook and pen/pencil—ask your partner to take notes about the timeline, nurses' names, etc.
- Nursing supplies: Nursing bra and/or tank; Nursing pillow; Lanolin (tip: apply after every session and before showers)
- Change of clothes for you. Bring something comfortable and stretchy to go home in, like yoga pants/nursing tank/and cardigan. (i.e., no pre-pregnancy jeans!) Comfortable shoes to slip into.
- Going home clothes and/or pretty swaddle for baby
- Bag for partner: Toiletries, change of clothes, reading/entertainment, extra snacks, and bathing-suit in case of water birth or use of shower during labor
- Gift(s) for other sibling(s) from the the new baby—and a mental plan for introducing them
- Baby Book
- Birth preferences
- Birthing ball
- Music playlist
- Your own water bottles
- Your own pillow
- Maxi pads or Depends
- Colace
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