
Hospital Bag Checklist

FOR YOU

- ID/wallet, insurance card, birth plan
- PJs, robe, socks, slippers
- Your own pillow (use a colored pillowcase so you know it's yours)
- Glasses, contact lenses, and cases
- Toiletries (toothbrush, toothpaste, Chapstick, hair ties or clips, comb, brush, shampoo, face wash, lotion, deodorant)
- Comfort items like massage oil or music
- Reusable water bottle
- Cards, games, laptop and movies to keep you busy (if you are having an induction)
- Nursing bra (if breastfeeding) or snug fitting bra (if formula feeding)
- Clothes to wear home
- Phone charger
- Other: _____

FOR THE BABY

- Clothes for the baby to wear home (onesie/sleeper, hat, socks, blanket)
- Bottles (if using)
- Newborn car seat

FOR YOUR SUPPORT PERSON

- Camera or phone for pictures (don't forget chargers!)
- Pillow and blanket or light sleeping bag
- Food and drinks (to share)
- Toiletries
- Reusable water bottle
- Laptop or tablet (if desired)

NOTES OR CONTACTS
