



Hospital bag checklist for labor



For you:

- ☐ Outfit to go home in
- ☐ Dressing gown or robe
- ☐ Loose cotton or disposable underwear
- ☐ A few pairs of socks
- ☐ At least 2 front-opening or loose fitting nightgowns
- ☐ Flip-flops or slippers
- ☐ 2 to 3 nursing bras
- ☐ Nursing pads
- ☐ Travel-sized toiletries — toothpaste and toothbrush, wet wipes, moisturizer, body soap or gel, hairbrush and hair products, deodorant, lip balm
- ☐ Hair ties

- ☐ Glasses
- ☐ Medications, including vitamins
- ☐ Small, portable fan
- ☐ Charging cables, including a long cell phone charger
- ☐ Identity document, like a passport or driver's license
- ☐ Medical insurance card (if applicable)
- ☐ Hospital registration form
- ☐ Birth plan, or copy of your birth preferences
- ☐ Books, magazines, a tablet, laptop, music, or anything to help you relax or pass the time



For your baby:

- ☐ Outfit for baby to go home in
- ☐ Onesies
- ☐ Sleepsuits
- ☐ Muslin squares or bibs
- ☐ Baby swaddle
- ☐ Shawl or blanket
- ☐ Hat
- ☐ Scratch mittens
- ☐ Socks
- ☐ Booties
- ☐ Car seat



For your partner:

- ☐ Charging cables, including a long cell phone charger
- ☐ Reusable water bottle or bottled drinks
- ☐ Snacks
- ☐ Travel-sized toiletries
- ☐ A change of clothes
- ☐ Comfortable shoes
- ☐ Books, magazines, a tablet, laptop, music, or anything to help pass the time
- ☐ Cash or a card to pay for parking and vending machines



Optional items:

- ☐ Notepad and pen
- ☐ Massage aids
- ☐ Your own pillow
- ☐ Book on newborn care

- ☐ Bikini top
- ☐ Eye mask
- ☐ Ear plugs
- ☐ Snacks

