

HOSPITAL BAG CHECKLIST

FOR MOM, BABY & PARTNER



FOR MOM

- ☐ ID / Insurance Card
- ☐ Birth Plan
- ☐ Nursing nightgown
- ☐ Nursing bras & pads
- ☐ Underwear & maternity pads
- ☐ Socks & slippers
- ☐ Snacks & water bottle
- ☐ Phone charger



FOR BABY

- ☐ Onesies & sleepers
- ☐ Receiving blanket
- ☐ Diapers & wipes
- ☐ Baby hat & mittens
- ☐ Going-home outfit
- ☐ Infant car seat
- ☐ Swaddle wraps
- ☐ Pacifier
- ☐ Baby lotion or diaper
- ☐ Burp cloths



FOR PARTNER

- ☐ Change of clothes
- ☐ Toiletries
- ☐ Snacks & drinks
- ☐ Camera or smartphone
- ☐ Entertainment (book, tablet, eabuds)
- ☐ Comfortable shoes