For Mom For Baby For Partner

HOSPITAL BAG CHECKLIST

A gentle, practical packing guide for your hospital stay. Print these pages, keep them by the door, and pack at your own pace.

WHAT'S INSIDE THIS PRINTABLE

Page 2: Essentials for Mom, Baby, and Partner—simple checklists so you don't overpack or miss the basics.

Page 3: What hospitals typically provide, what you can skip, and a last-minute list for the "we're heading out now" moment.

US Letter · Printable Minimalist design Perfect for first-time parents

HOSPITAL BAG CHECKLIST

MOM ESSENTIALS

- [ ] ID / insurance card
- [ ] Birth plan (if you have one)
- [ ] Nursing-friendly nightgowns or PJs (2–3)
- [ ] Loose, comfy going-home outfit
- [ ] Nursing bras & pads
- [ ] Underwear (or use hospital mesh)
- [ ] Maternity pads
- [ ] Socks & non-slip slippers
- [ ] Toiletries (travel size)
- [ ] Lip balm (very helpful during labor)
- [ ] Long phone charger
- [ ] Snacks & water bottle

BABY ESSENTIALS

- [ ] Onesies / sleepers (2–3)
- [ ] Receiving blanket
- [ ] Swaddle wraps (optional)
- [ ] Hat & mittens
- [ ] Socks / booties
- [ ] Going-home outfit
- [ ] Diapers & wipes (most hospitals provide these)
- [ ] Pacifier (optional)
- [ ] Baby lotion or diaper cream
- [ ] Burp cloths (2–3)
- [ ] Installed infant car seat

PARTNER ESSENTIALS

- [ ] Change of clothes
- [ ] Toiletries
- [ ] Comfortable shoes
- [ ] Snacks & drinks
- [ ] Phone / charger
- [ ] Camera or smartphone
- [ ] Entertainment (book, tablet, headphones)
- [ ] Reusable water bottle
- [ ] List of people to update

BONUS PAGE

What hospitals usually provide, what you can skip, and a last-minute checklist for the “it’s time to go” moment.

WHAT HOSPITALS TYPICALLY PROVIDE

Mesh underwear

Perineal pads and basic postpartum pads

Basic toiletries (soap, body wash, sometimes shampoo)

Peri bottle or spray for perineal care

Ice packs or cooling pads (varies by hospital)

Newborn diapers & wipes

Receiving blanket and baby hat

Formula and bottles (if needed)

Always check with your hospital or birth center; policies and supplies can vary by location.

WHAT YOU CAN USUALLY SKIP PACKING

Large towels (ask your hospital whether to bring your own)

Full-size shampoo, conditioner, and body wash

Too many baby outfits (one or two is enough)

Extra pillows and heavy blankets

Bulky diaper bag

Excess snacks for a long stay—focus on a few favorites

Full makeup kit and complicated skincare routine

Keeping your bag lighter makes arrival, discharge, and recovery at home feel much easier.

LAST-MINUTE CHECKLIST

ID / insurance card and wallet

Phone & long charger

Keys

Daily medications

Snacks & water bottle

Installed car seat (already secured in the car)

Printed birth plan (if you wrote one)

Any items you use daily that you couldn’t pack ahead of time

Keep this page on the fridge or by the door so whoever is with you can quickly double-check before leaving for the hospital.