

Hospital Bag **Checklist**

For Mom - Labor & Delivery

- ☐ Hospital Registration Forms + ID
- ☐ Birth Plan (2 copies)
- ☐ Insurance Card
- ☐ Hair ties + headband
- ☐ Lip Balm
- ☐ Socks or Slippers (non-slip)
- ☐ Robe or Labor Gown
- ☐ Comfortable Nursing Bra or Tank
- ☐ Phone Charger (extra-long cord)
- ☐ Glasses / Contact Lens Case
- ☐ Portable Fan or Cooling Towel

For Postpartum Recovery

- ☐ Adult Diapers or Disposable Underwear
- ☐ Peri Bottle
- ☐ Maternity Pads or Padsicles
- ☐ Nipple Cream
- ☐ Breast Pads (reusable or disposable)
- ☐ Comfy Postpartum Pajamas
- ☐ Loose Going-Home Outfit
- ☐ Supportive Belly Band or Postpartum Wrap
- ☐ Water Bottle
- ☐ Snacks (protein bars, nuts, etc.)

Hospital Bag Checklist

Toiletries

- ☐ Toothbrush + Toothpaste
- ☐ Face Wipes or Gentle Cleanser
- ☐ Deodorant
- ☐ Dry Shampoo
- ☐ Hairbrush
- ☐ Travel-size Shampoo + Conditioner
- ☐ Moisturizer or Body Lotion
- ☐ Makeup essentials (optional for photos)

For Baby

- ☐ Infant Car Seat (installed before discharge)
- ☐ Baby Going-Home Outfit (2 sizes: newborn + 0–3 mo)
- ☐ Swaddle Blankets (2)
- ☐ Newborn Hat + Mittens
- ☐ Baby Socks / Booties
- ☐ Receiving Blanket
- ☐ Baby Wipes (gentle + unscented)
- ☐ Diapers (newborn size)
- ☐ Nursing Pillow
- ☐ Baby Lotion or Balm (optional)

Optional Extras

- ☐ Pillow from Home (with a colorful case)
- ☐ Blanket or Shawl
- ☐ Bluetooth Speaker or Playlist
- ☐ Essential Oils or Diffuser (if allowed)
- ☐ Thank-You Gifts for Nurses

Hospital Bag Checklist

For Partner / Support Person

- ☐ Change of Clothes
- ☐ Sweater or Hoodie
- ☐ Snacks & Drinks
- ☐ Water Bottle or Travel Mug
- ☐ Phone Charger
- ☐ Toiletries (toothbrush, deodorant, etc.)
- ☐ Camera or Phone for Photos
- ☐ Notebook + Pen (for baby's info + questions)

Momkinz Tip

Pack your hospital bag around week 35 earlier if you're expecting twins or a high-risk pregnancy. Keep it by the door so you're ready whenever baby says, **"It's time!"**