

# HOSPITAL BAG CHECKLIST

## ESSENTIALS

- Insurance Card & ID
- Birth plan (talk with provider!)
- Nursing bra or tank top
- Maternity maxi pads
- Underwear (2 to 3 pair)
- Glasses or contacts (solution & case)
- Phone & charger
- Going-home clothes (loose top, stretchy pants)
- \_\_\_\_\_
- \_\_\_\_\_

## NICE TO HAVES

- PJs (Button-down top/front-opening nightie)
- Robe
- Comfy socks
- Slip-on shoes (For walking through early contractions)
- Comfy pillow
- Bath towel
- Extra-long phone charging cord
- Portable bluetooth speaker
- Laptop or tablet
- \_\_\_\_\_

## FOR PARTNER/SUPPORT PERSON

- Extra pillow
- Change of clothes & comfy night clothes
- Toothbrush & toothpaste
- Deodorant
- Phone & charger
- Plan for announcing birth (do you want to use social media: yes or no?)
- List of people to call
- \_\_\_\_\_

## BABY'S STUFF

- Pediatrician info: 410-837-2050
- Going-home clothes
- 1 or 2 onesies or sleeper sacks
- Blanket
- Socks
- Mittens, hat (if weather is cool)
- Burp cloths
- Diapers & wipes
- Diaper cream
- \_\_\_\_\_

## TOILETRIES

- Toothbrush & toothpaste
- Face wash & moisturizer
- Deodorant
- Lip balm
- Unscented lotion, cream, or body oil
- Nipple balm
- Hair care items:
- Shampoo/conditioner (if needed or special kind, hospital will have dry shampoo)
- Hair ties, head wrap, or other
- Brush/comb
- Hair dryer (if needed)
- \_\_\_\_\_
- \_\_\_\_\_

## ADD-ONS!

- Snacks
- Gum, hard candy, mints
- Water, Sports drink
- Hand sanitizer
- \_\_\_\_\_
- \_\_\_\_\_

