

## Hospital Bag Checklist

### For Birthing Person:

- Photo ID, insurance information, hospital forms
- Birth plan (4-6 copies)
- Eye glasses (if applicable)
- Cell phone and charger
- Ear buds or mini blue tooth speakers
- Slippers or non-slip grip socks (most hospitals provide socks)
- Warm over-sized robe
- Chapstick
- Non-scented moisturizer
- Ponytail holders
- Maternity bras (no underwire) or cotton sports bras
- Toiletries (toothbrush, toothpaste, travel size shampoo & conditioner, deodorant, face wash, hair brush) – some hospitals provide limited toiletries
- Sugar-free hard candy and honey sticks for labor (boost of quick energy when eating is no longer allowed in some hospitals)
- Snacks for postpartum recovery (non-perishable, chocolate, nuts, dried fruit)
- Loose-fitting night gowns (if one will be used in labor then make sure it can come off easily and you don't mind it being ruined)
- Loose-fitting clothing to go home in
- Flat shoes or sandals to go home in (feet may be swollen)
- Breastfeeding pillow (especially helpful when breastfeeding or holding baby after cesarean)
- Maternity underwear (hospitals will provide mesh panties and pads)
- Essential oils (dab oils on cotton balls and keep in sandwich size Ziploc bags so you can easily remove smell when you want) – (optional)
- Flameless candles (optional)
- Tennis balls for comfort measure massages (optional)
- Pen and pad (optional)

### For Support Partner:

- Change of clothes
- Toiletries
- Cell phone and charger
- Snacks and change for vending machines
- Any daily prescription medication
- Comfortable pillow and warm blanket for overnight stay in recovery room (hospitals may provide thin blankets and flat pillows)

## Hospital Bag Checklist

### *For Baby:*

- Infant car seat
- Long sleeve onesies with buttons (buttons allow easy access for monitoring if NICU stay is anticipated)
- Coming home outfit (one newborn size and one 0-3 month size)
- Newborn hat
- Warm blankets when time to take outside to car