Baby Hospital Bag Checklist

Clothing Essentials Onesies and sleepers ☐ Going-home outfit (comfy and weather-appropriate) ☐ Hats, socks, and mittens ■ Swaddle sack or wearable blanket **Baby Care Basics** Diapers ☐ Wipes ■ Baby blanket and swaddle □ Burp cloths ■ Baby lotion or diaper cream ☐ Baby nail file or mittens (to prevent scratches) **Feeding Supplies** □ Bottles (if not breastfeeding) ☐ Formula (if hospital doesn't provide) ■ Nursing pillow (optional) ☐ Extra burp cloths Comfort and Extras

Pacifiers

☐ Soft baby towel and washcloth
☐ Baby car seat for discharge
☐ Baby book or footprint kit
Hospital Bag Checklist for Mom
Important Documents
☐ ID and insurance card
☐ Hospital registration forms
☐ Birth plan (if applicable)
Labor and Delivery Comfort
☐ Loose nightgown or labor gown
☐ Non-slip socks or slippers
☐ Lip balm, hair ties, refillable water bottle
☐ Light blanket or pillow from home (optional)
Postpartum Essentials
☐ Nursing bras or tanks
☐ Maternity pads or adult diapers
☐ Toiletries (toothbrush, shampoo, moisturizer, deodorant)
☐ Hairbrush and dry shampoo
Clothing for Recovery
☐ Loose, soft clothing (leggings, joggers)
☐ Nursing-friendly tops or button-down shirts

☐ Lightweight robe and flip-flops	
☐ Going-home outfit (breathable and roomy)	
Partner's Hospital Bag Checklist	
Essentials	
☐ ID, phone, and charger	
☐ Wallet with cash and card	
☐ Snacks and drinks	
Clothing and Comfort	
☐ Change of clothes (including sleepwear)	
☐ Pillow and blanket	
☐ Hoodie or slippers	
☐ Toiletries (toothbrush, soap, deodorant, face wipes)	
Extras	
☐ Headphones or tablet/book	
☐ Camera or phone with extra storage	
☐ Power bank or long charging cable	
☐ List of contacts to notify	
☐ Travel mug for coffee	
☐ Check car seat installation	
What Not to Pack	
☐ Jewelry or valuables	

☐ Too many baby clothes
☐ Large electronics (laptops, gaming systems)
☐ Excess postpartum supplies (hospital provides basics)
Items Generally Provided By Hospitals
☑ Peri bottle
☑ Diapers
✓ Mesh underwear
✓ Maternity pads