

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
- Swaddles
- Mesh underwear
- Maternity pads