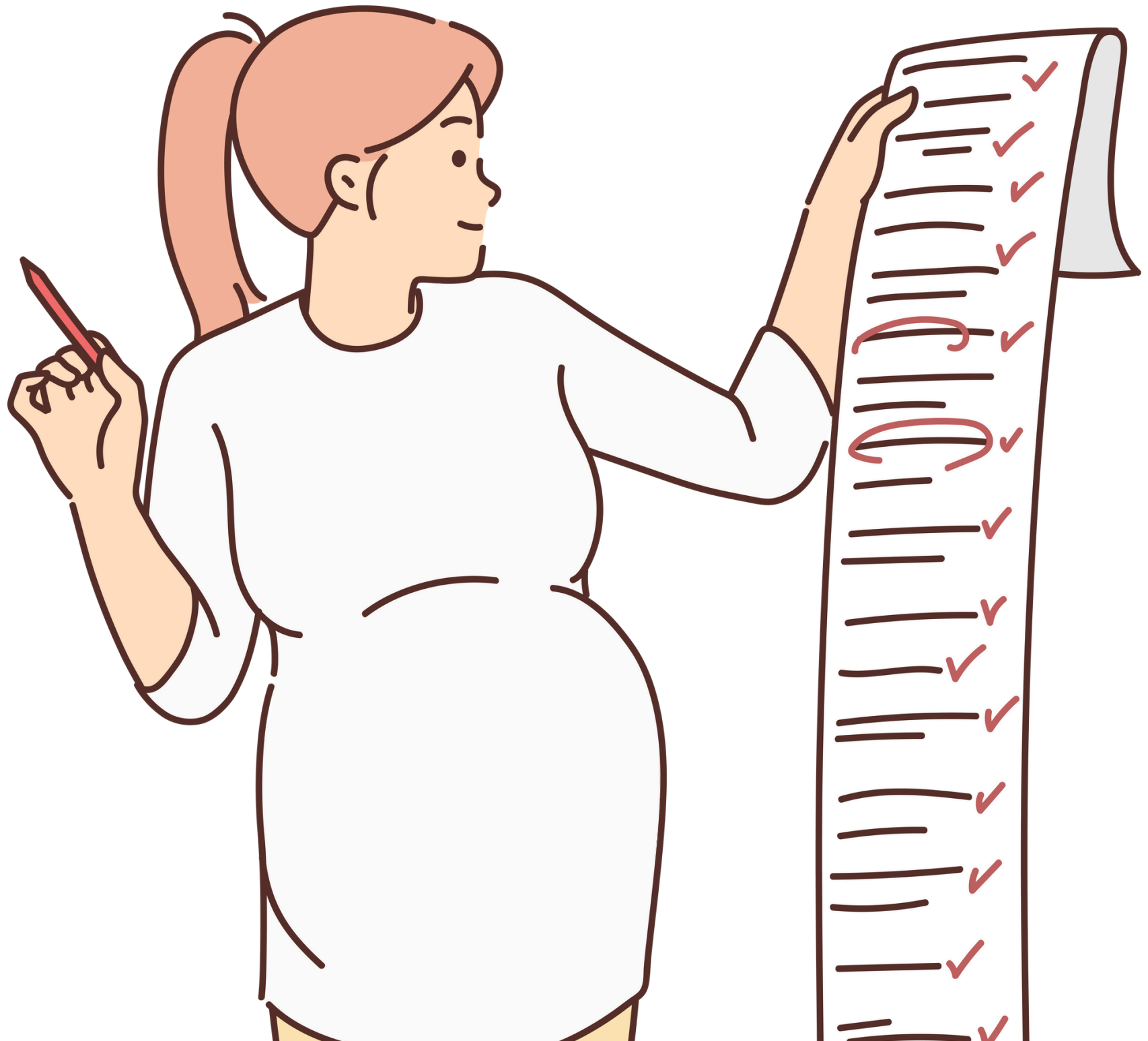


What's in My Hospital Bag?

Prenatal Essentials Checklist

Mumworld.in





Essentials for Mom



Documents:

Hospital papers, ID, insurance, birth plan



Clothing:

2-3 maternity gowns / loose nightwear

Nursing bras & breast pads

Dark-colored underwear (disposable preferred)

Warm socks & slippers



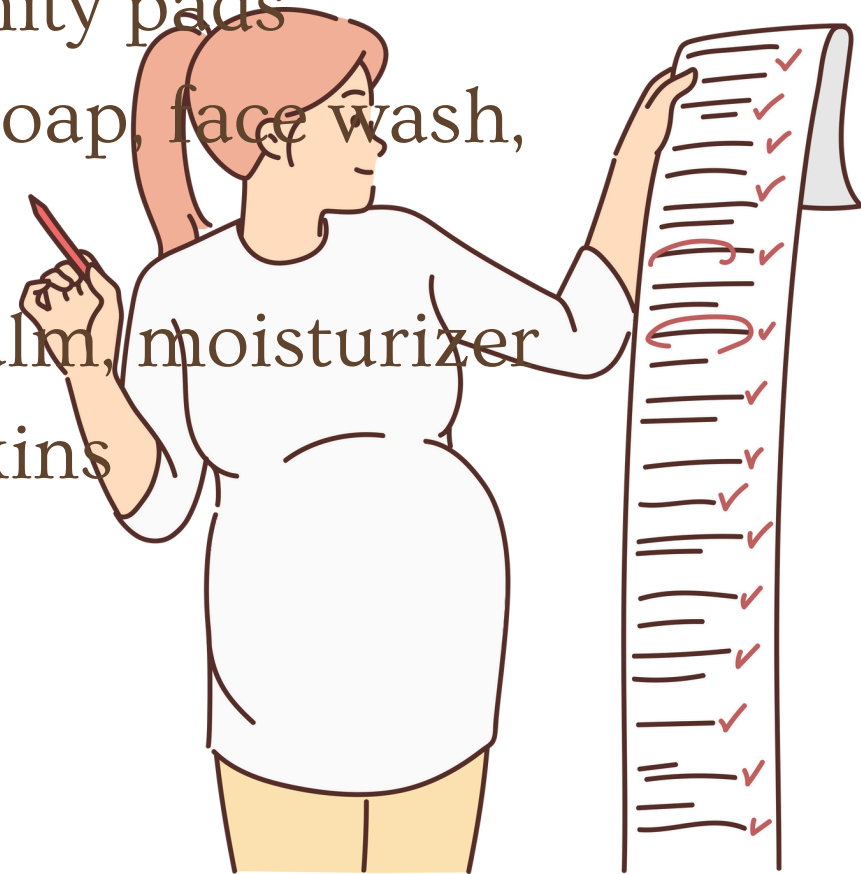
Hygiene & Toiletries:

Heavy-duty maternity pads

Toothbrush, toothpaste, soap, face wash,
deodorant

Hairbrush, hair ties, lip balm, moisturizer

Towel & napkins



✅ Comfort & Recovery:

Pillow & light blanket

Nipple cream (for breastfeeding moms)

Water bottle with straw

Power bank / long cable charger

 *Pro Tip: Pack your hospital bag by Week 34–36 of pregnancy so you're ready anytime!*





Essentials for Baby



Clothing:

3–4 onesies/rompers

Socks, mittens & cap

Swaddle blankets



Diapering:

Newborn diapers & wipes

Diaper rash cream



Bath & Care:

Baby towel & washcloth

Gentle baby soap/lotion



Going Home:

Comfortable going-home outfit

Infant car seat (mandatory in many countries)





For Partner / Support Person

Change of clothes

Toiletries

Snacks, water, coffee sachets

Pillow/blanket (if staying overnight)

Cash/credit card for hospital bills

Phone & charger

Entertainment (book, headphones, Netflix, etc.)

✨ *Pro Tip: Keep a small list of emergency contacts handy (doctor, family, hospital desk) so you don't waste time searching during critical moments.*





Bonus Section (Makes it Premium)



Hospital Checklist (for Admission):

ID Proof + Insurance card

Hospital registration papers

Admission deposit (cash/card)

Doctor's prescriptions



Postpartum Recovery Must-Haves:

Abdominal binder (for C-section recovery)

Nursing cover/shawl

Pain relief spray/ointment (doctor-approved)

Small hot/cold pack

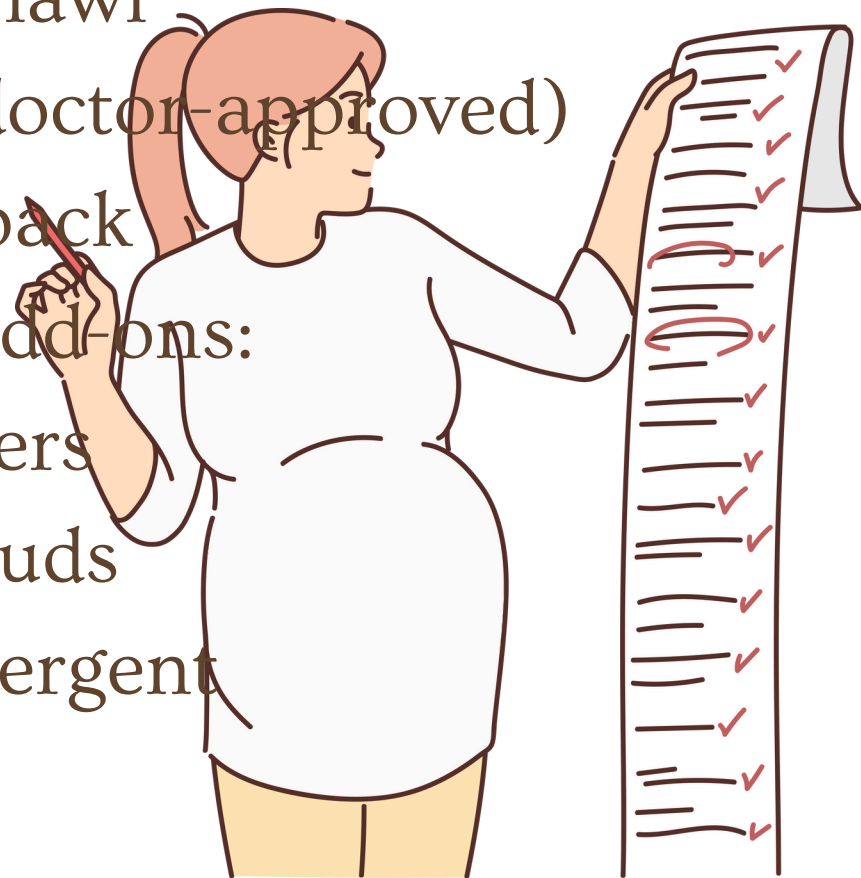


Newborn Care Add-ons:

Baby nail clippers

Cotton balls / buds

Gentle laundry detergent



💖 You're Almost There, Mama!

Packing your hospital bag means your little miracle is just around the corner. 🌸

Remember, no bag can carry what matters most — your strength, love, and courage.

✨ Trust your body.

✨ Trust your journey.

✨ Trust the beautiful bond you're about to create.

You are prepared. You are powerful. You are ready.

😊 Soon, you'll hold your baby in your arms — and that moment will make everything worth it.

www.mumworld.in

