

Hospital Bag Checklist

Everything you need for
labor, recovery, and
coming home

TIP: Pack your bag around 36 weeks. Keep it by the door or in your car. Most hospitals provide basics like diapers, pads, and mesh underwear—check with yours!

For Labor

- ☐ Insurance card & ID
- ☐ Birth preferences (2-3 copies)
- ☐ Phone charger (long cord!)
- ☐ Comfortable robe or labor gown
- ☐ Non-slip socks or slippers
- ☐ Hair ties/headband
- ☐ Lip balm (labor = dry lips)
- ☐ Massage tools (tennis balls, etc.)
- ☐ Focal point or photos
- ☐ Speaker for music
- ☐ Essential oils (check hospital policy)
- ☐ Snacks for early labor

For Recovery & Postpartum

- ☐ Comfortable nightgown/pajamas (nursing-friendly)
- ☐ Nursing bras (2-3)
- ☐ Nipple cream
- ☐ Breast pads
- ☐ Your own toiletries
- ☐ Comfortable underwear (or use hospital mesh)
- ☐ Going-home outfit (loose & comfortable)
- ☐

Pillow from home (distinctive pillowcase)

For Partner/ Support Person

- ☐ Change of clothes
- ☐ Toiletries
- ☐ Phone charger
- ☐ Snacks & drinks
- ☐ Cash for vending machines/cafeteria
- ☐ Pillow/blanket
- ☐ Entertainment (book, tablet)
- ☐ Camera (if not using phone)
- ☐ List of people to notify

For Baby

- ☐ Going-home outfit (+ backup in different size)
- ☐ Swaddle blanket
- ☐ Car seat (properly installed!)
- ☐ Newborn diapers (hospital usually provides)

CAR SEAT SAFETY: Make sure your car seat is properly installed before your due date. As a certified CPST, I offer car seat checks as part of my doula services or as a standalone service.

Nice to Have (But Not Essential)

- ☐ Thank you gifts for nurses
- ☐ Nursing pillow
- ☐ White noise machine
- ☐ Fancy going-home outfit for photos
- ☐ Birth announcements

Things to Leave at Home

- Valuables or expensive jewelry
- Too many outfit options
- Heavy books or lots of entertainment (you will be busy!)
- Breast pump (unless specifically advised)

Last-Minute Items (Add Just Before Leaving)

- ☐ Phone
- ☐

Glasses/contacts

☐ Current medications

☐ Wallet

