

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)
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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
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Glasses/contacts

Current medications

Wallet

