

Labor & Delivery

Hospital Bag Checklist



GENERAL

Documents

- ☐ Insurance Card
- ☐ Identification Card
- ☐ Birth Plan (if any)

Toiletries

- ☐ Comfortable Towel
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Shampoo
- ☐ Body Wash
- ☐ Make-Up Remover
- ☐ Facial Wash
- ☐ Lotion
- ☐ Hair Tie
- ☐ Hair Dryer
- ☐ Glasses
- ☐ Contact Lense/
Solution
- ☐ Herbal Bath

Breastfeeding

- ☐ Nipple Cream
- ☐ Nursing Pads
- ☐ Nursing Pillow
- ☐ Electric Pump
- ☐ Baby Bottle

Miscellaneous

- ☐ Healthy Snacks
- ☐ Phone Charger
- ☐ Ipad/ Charger
- ☐ Entertainment

FOR MOM

- ☐ Maternity PJS (2-3)
- ☐ Breastfeed Friendly
Top (2-3)
- ☐ Cardigan/ Sweater
- ☐ Maternity Leggings(2-3)
- ☐ Slippers
- ☐ Flip Flops (for shower)
- ☐ Disposable Panties (2-3)
- ☐ Maternity Pad

FOR DAD

- ☐ Identification Card
- ☐ Credit Card/ Cash
- ☐ Tee Shirts (2-3)
- ☐ Sweat Pants
- ☐ Hoodie
- ☐ Socks

FOR BABY

- ☐ Onesies (2-3)
- ☐ Baby Mitten/ Hat/
Socks
- ☐ Car Seat (install
ahead of time)
- ☐ Pacifier
- ☐ Newborn Diapers
- ☐ Baby Wipes
- ☐ Swaddle Blankets
- ☐ Going Home Outfit