

What to Pack In Your Hospital Bag Checklist

FOR YOU

The admin

- ID/wallet
- Insurance card, if you have one
- Birth plan

Clothes

- Nursing bras or tanks
- Stretchy joggers or leggings
- PJs and robe
- Slip-on shoes
(flip flops, Crocs, Birkenstocks, etc)
- Cozy socks
- Going home top or outfit

Toiletries

- Toothbrush/toothpaste
- Face wash/face wipes
- Deodorant
- Dry shampoo
(or regular + conditioner)
- Hair ties
- Lip balm
- Lotion
- Glasses/contacts

All the extras

- Nipple balm
- Pillow
- Bath towel
- Extra-long phone charging cord
- Portable Bluetooth speaker
- Reusable water bottle
- Gum/hard candy/Gatorade

FOR YOUR BABY

- Car seat
- Going home outfit
- Bottles (if using)
- Pediatrician contact info

FOR YOUR SUPPORT PERSON

- Pillow and light sleeping bag
- All the snacks (to share)
- Toiletries
- Reusable water bottle
- PJs and changes of clothes
- Laptop or tablet

