

Good idea to pack your bag a month before your due date

Hospital Bag Checklist

For The Mom-To -Be

- ☐ Copy of insurance & ID
- ☐ Any medications currently taking (prescription or non- prescription)
- ☐ Underwear
- ☐ Nursing bra or good support bra
- ☐ Breast pads
- ☐ Toiletries (toothbrush, toothpaste, shampoo, hairbrush, lip balm etc.)
- ☐ Sanitary pads
- ☐ Nightgowns (front opening helpful for breastfeeding and exams)
- ☐ Slippers
- ☐ Robe
- ☐ Comfortable clothing to wear home

Other Things That Might Be Useful

- ☐ Cell phone and charger
- ☐ Camera & extra batteries
- ☐ Healthy snacks
- ☐ Money for vending machine or hospital cafeteria
- ☐ Breastfeeding support pillow
- ☐ Nipple balm, nipple shield
- ☐ Hairdryer (if you use one)
- ☐ Earplug
- ☐ Headphones, laptop or tablet
- ☐ Books or magazines
- ☐ Personal music selection

For Baby

- ☐ Approved infant car seat
- ☐ Undershirt
- ☐ Diapers and wipes
- ☐ Booties
- ☐ Hat
- ☐ Thin blanket or cotton wraps
- ☐ Socks or booties
- ☐ Warm blanket & Sweater if weather is cold

For Your Partner or Support Person

- ☐ Change of comfortable clothes
- ☐ Extra pillow (Colored pillowcase to identify)
- ☐ Toiletries
- ☐ Money
- ☐ Cell phone and charger

When To Go To The Hospital



Go to the hospital when:

- You have painful contractions every 4-5 minutes for two hours that do not go away with rest & fluids.
- There is a sudden gush of fluid or a trickle of fluid that leaks steadily from the birth canal.
- If you are bleeding, more than spotting.

Important Signs To Watch For During Last Trimester

- Bad cramps or belly pain with or without diarrhea.
- Fever chills, dizziness, nausea, vomiting or bad headache.
- Blurred vision or spots before eyes.
- Severe or persistent vomiting and/or diarrhea.
- Sudden or severe swelling of hands, feet or face.
- Constant dull low back pain/ pressure or change in lower back pain.
- Frequent contractions or change in strength or number of them.
- Decrease in baby's movement.
- Spotting or bleeding from vagina.
- A feeling that baby is pushing down.
- Trickle or gush of fluid from the vagina.



Go to the hospital right away or call your doctor if you have any of these symptoms.