

# Hospital Bag Essentials

*Everything You Need for Labor, Delivery, and Your Baby's Arrival*

## Important Documents

- ☐ Photo ID
- ☐ Health insurance card
- ☐ Hospital registration paperwork (if applicable)
- ☐ Birth plan (if you have one)
- ☐ List of current medications
- ☐ Emergency contact information

## For Mom

### Clothing

- ☐ 3 Nursing bras
- ☐ 2 Comfortable pajamas
- ☐ 1 Going-home outfit
- ☐ Robe
- ☐ Non-slip slippers or socks
- ☐ Underwear

### Comfort Items

- ☐ Phone and charger
- ☐ Reusable water bottle
- ☐ Snacks (if permitted)
- ☐ Relaxation playlist or headphones

### Toiletries

- ☐ Toothbrush and toothpaste
- ☐ Hairbrush or comb
- ☐ Shampoo and conditioner
- ☐ Body wash
- ☐ Face wash
- ☐ Lip balm
- ☐ Deodorant
- ☐ Hair ties or clips
- ☐ Glasses and/or contact lens supplies
- ☐ Body Lotion
- ☐ Large Sanitary Pads
- ☐ Disposable Ice Packs
- ☐ Peri Bottle
- ☐ Shower Slides
- ☐ 2 Towels

# For Baby

- ☐ Approved rear-facing car seat (installed before delivery)
- ☐ Going-home outfit
- ☐ Hat
- ☐ Socks or booties
- ☐ Lightweight blanket
- ☐ Baby mittens (optional)
- ☐ Diapers
- ☐ Diaper Cream
- ☐ Wet Wipes
- ☐ 2 Onesies
- ☐ 2 Pijamas
- ☐ 2 Burp Cloths

# For Your Support Person

- ☐ Comfortable clothes
- ☐ Toiletries
- ☐ Phone charger
- ☐ Snacks and water
- ☐ Cash or credit card
- ☐ Entertainment (book, tablet, etc.)

# Before You Leave Home

- ☐ Contractions are following your provider's instructions for when to go to the hospital.
- ☐ Your healthcare provider or hospital has been notified (if instructed).
- ☐ Your phone is fully charged.
- ☐ Your hospital bag is packed.
- ☐ Your baby's car seat is properly installed.
- ☐ Someone knows where you're going and how to reach you.

## Important Information

*This guide is intended for educational purposes only and should not replace advice from your healthcare provider or birthing facility. Hospital policies and recommended items may vary, so check with your provider before delivery.*

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