

Bag prep for childbirth

Here's what you should pack before you go to the hospital.



- ☐ A picture ID (driver's license or passport), your insurance card, and any hospital paperwork
- ☐ Your birth plan (if you made one)
- ☐ Eyeglasses, if you wear them. Wear these instead of contact lenses, too. Much easier for this moment.
- ☐ A bathrobe, nightgown (or 2?), slippers, and cozy socks
- ☐ Items from home that help you relax - favorite pillow, some music to play, a book you love, etc.
- ☐ A camera or video camera with all necessary power equipment (batteries, charger, memory card)
- ☐ Toiletries
- ☐ Comfy shoes
- ☐ A change of regular clothes
- ☐ Snacks
- ☐ Money (credit card, cash, and quarters) for things like parking and vending machines
- ☐ A bathing suit in case you would like to take a bath or shower during your hours of labor
- ☐ Both nursing bras and regular bras - whether or not you breast feed, the breast will be tender and enlarged when the milk forms, so bras are necessary for comfort
- ☐ Multiple pairs of maternity pants (ones with a spandex or mesh waist bands)
- ☐ Any books you intend to read specifically on newborn care
- ☐ Gifts for older siblings
- ☐ A notepad/journal and a pen/paper if you wish to write down thoughts or parts of your experience
- ☐ A "returning home" outfit

- ☐ A pre-installed baby carseat
- ☐ A "returning home" outfit for the newborn
- ☐ A "receiving" blanket to swaddle the newborn

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