Hospital Bag Checklist: What to Pack in Hospital Bag

Chances are, you've spent the past several months dreaming of the day you finally get to meet baby. You've stocked up on baby gear, decorated the nursery and maybe even figured out how to correctly install that infant car seat. But don't forget one of the most important third trimester to-dos: Deciding what to pack in your hospital bag—for baby, you and your partner.



HOSPITAL BAG CHECKLIST FOR MOM

- [ ] Photo ID, insurance info, hospital forms and birth plan (if you have one)
- [ ] Eyeglasses (if you wear them)
- [ ] Cell phone and charger
- [ ] Two or three pairs of warm, nonskid socks (for walking the halls before and after labor)
- [ ] A warm robe or sweater you don't mind sacrificing to the cause
- [ ] Lip balm (hospitals are very dry)
- [ ] Headband or ponytail holder (avoid clips—they'll probably poke you)
- [ ] Sugar-free hard candy or lozenges to keep your mouth moist during labor (candy with sugar will make you thirsty)
- [ ] Non-perishable snacks and change for the vending machines
- [ ] 2 maternity bras (no underwire) and nursing pads (whether or not you plan to nurse, you'll appreciate the support and leak protection)
- [ ] Toiletries and personal items: hairbrush, toothbrush, toothpaste, deodorant, face wash, shampoo, conditioner, lotion, contact lens case and solution (remember, travel-sized products are your friends)
- [ ] Loose, lightweight clothing (maternity wards can often be hot)
- [ ] Comfortable going-home clothes in six-month maternity sizes, and flat shoes (or just wear the clothes you came in—sorry, but they'll probably still fit)

Optional hospital bag checklist items for mom

- [ ] Very light reading (think magazines and newspapers, not War and Peace)
- [ ] Earbuds to listen to music on your phone
- [ ] Bath towel (the hospital will probably supply a very thin, small one)
- [ ] Hairdryer
- [ ] A comfy pillow from home (with a case that can get ruined, in a pattern distinguishable from hospital white)
- [ ] A few pairs of maternity underwear that can get ruined (the hospital will have disposable pairs, which some women find handy and others find gross)
- [ ] A ruin-able nightgown (you can use those lovely hospital gowns, but your own might help you feel more human)
- [ ] Breastfeeding pillow

HOSPITAL BAG CHECKLIST FOR BABY

- [ ] Approved infant car seat
- [ ] A coming-home outfit (bring clothes in different sizes to make sure they fit!)
- [ ] Warm blankets (for the ride home)
- [ ] Outdoor gear like a snowsuit and hat, as seasonally appropriate (newborns are extra sensitive to cold)

HOSPITAL BAG CHECKLIST FOR PARTNER

- [ ] Cell phone and charger
- [ ] A change of clothes
- [ ] Toiletries: toothbrush, deodorant, face wash, shampoo, conditioner, contact lens case and solution
- [ ] Snacks (you don’t want your partner eating all of yours!)
- [ ] Entertainment, whether it’s something to read, listen to or watch
- [ ] Camera or video camera with batteries, charger and an extra memory card
- [ ] Any daily prescription medication

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