

# Hospital Bag Checklist for Birthing Mothers

## Mom's Checklist:

- ☐ Birth plan
- ☐ Insurance card
- ☐ Nursing bras or tanks
- ☐ Loose-fitting pants and / or robe
- ☐ Toiletries  
(toothbrush, toothpaste, deodorant, hairbrush, etc.)
- ☐ Eyeglasses
- ☐ Music playlist
- ☐ Lip balm
- ☐ Cell phone and charger
- ☐ A notebook and pencil  
(to write down any questions you may have for your doctor)
- ☐ Massage essentials  
(oils, lotions, tennis balls to roll across your lower back)
- ☐ Personal comfort items  
(a favorite pillow, blanket or photos)
- ☐ Breastfeeding pillow
- ☐ A going-home outfit

## Baby's Checklist:

- ☐ Emery board / nail file  
(to shorten baby's nails)
- ☐ A car seat installed in your car
- ☐ An outfit for newborn photo session  
(if desired)

## Support Person's Checklist:

- ☐ Change of clothes
- ☐ Comfortable shoes  
(anticipate a lot of standing during labor and delivery)
- ☐ Snacks and beverages
- ☐ Toiletries  
(toothbrush, toothpaste, deodorant, hairbrush, etc.)
- ☐ Cell phone and charger
- ☐ A going-home outfit

## Mom's items we provide:

- ☐ Hospital breast pump and parts
- ☐ Nipple cream
- ☐ Mesh underwear
- ☐ Ice packs
- ☐ Postpartum pads
- ☐ Shampoo / conditioner / body wash
- ☐ Witch hazel pads
- ☐ Pain-relieving anesthetic spray
- ☐ Non-slip socks
- ☐ Refillable water container
- ☐ Pillow and blanket (for support person)

## Baby items we provide:

- ☐ Disposable diapers and wipes
- ☐ Hat (to wear in the hospital)
- ☐ T-shirts
- ☐ Socks / Swaddling blanket (hospital use)
- ☐ Everything needed for baby's first bath