

DOULA APPROVED HOSPITAL CHECKLIST

FOR MOM	✓
Birth plan + ID + insurance card	<input type="checkbox"/>
Comfortable gown or robe	<input type="checkbox"/>
Nursing bras/tanks	<input type="checkbox"/>
Slippers or cozy socks	<input type="checkbox"/>
Lip balm & hair ties	<input type="checkbox"/>
Toiletries (toothbrush, hairbrush, deodorant, lotion)	<input type="checkbox"/>
Glasses/contacts if needed	<input type="checkbox"/>
Snacks & water bottle	<input type="checkbox"/>
Phone + charger (long cord if possible)	<input type="checkbox"/>
Going-home outfit (loose, comfortable, postpartum-friendly)	<input type="checkbox"/>

MISCELLANEOUS	✓
Mints or Sour Candies	<input type="checkbox"/>
Portable fan or handheld fan	<input type="checkbox"/>
Notebook & pen	<input type="checkbox"/>
Eye mask & earplugs	<input type="checkbox"/>
Extension cord or power strip	<input type="checkbox"/>
Comfort item from home	<input type="checkbox"/>

FOR BABY	✓
Newborn onesies (2-3)	<input type="checkbox"/>
Swaddle blankets	<input type="checkbox"/>
Hat & mittens	<input type="checkbox"/>
Diapers & wipes (small pack; usually provided by hospital)	<input type="checkbox"/>
Car seat (installed in car)	<input type="checkbox"/>
Going-home outfit (weather-appropriate)	<input type="checkbox"/>
Baby blanket for ride home	<input type="checkbox"/>

FOR PARTNER	✓
Change of clothes	<input type="checkbox"/>
Toiletries (toothbrush, deodorant, etc.)	<input type="checkbox"/>
Pillow/blanket (hospital ones are thin)	<input type="checkbox"/>
Snacks & drinks	<input type="checkbox"/>
Entertainment (book, tablet, headphones)	<input type="checkbox"/>
Cash/coins (for vending machines or parking)	<input type="checkbox"/>

DOULA TIP: PACK YOUR BAG AROUND 35-36 WEEKS SO YOU'RE READY WHENEVER BABY DECIDES TO COME!