

THE ULTIMATE *Hospital Bag list*

Prepare confidently with our comprehensive hospital bag checklist! Ensure you pack everything needed for a labor or for a Cesarean birth. Use our list as a guide to avoid last-minute stress. Make your hospital stay smoother and focus on welcoming your little one.



FOR BABY

- ☐ Hats
- ☐ Blanket
- ☐ Onesies
- ☐ Bodies
- ☐ Socks
- ☐ Diapers
- ☐ Wipes
- ☐ Diaper cream
- ☐ Burp clothes
- ☐ Car seat
- ☐ Overall for winter

WE RECOMMEND
PACKING 3 SEPARATE
BAGS TO HELP KEEP
EVERYTHING
ORGANIZED AND
EASILY ACCESSIBLE:
1ST BAG FOR LABOR
AND DELIVERY
2ND BAG FOR THE
BABY
3RD BAG FOR YOUR
POSTPARTUM STAY

MOM LABOR & DELIVERY

- ☐ Birth Plan
- ☐ ID & Insurance cards
- ☐ Gowns 2
- ☐ Robe
- ☐ Slippers
- ☐ Nursing bra
- ☐ Disposable underwear
- ☐ Hair ties
- ☐ Lip balm
- ☐ Socks
- ☐ Snacks

POSTPARTUM BAG

- ☐ Gowns
- ☐ Nursing bras
- ☐ Disposable underwear
- ☐ Paper towel
- ☐ Towels
- ☐ Toiletries
- ☐ Breast pads
- ☐ Cooling liners
- ☐ Overnight pads
- ☐ Peri bottle
- ☐ Mirror



PARTNER

- ☐ Flip flops
- ☐ Hospital gown / lounge wear
- ☐ Socks
- ☐ T-shirt
- ☐ Boxer
- ☐ Power bank
- ☐ Earbuds
- ☐ Bluetooth speaker
- ☐ Snacks
- ☐ Bottle
- ☐ Eyemask
- ☐ Hoodie
- ☐ Fan
- ☐ Camera
- ☐ Chargers USB-A,C
- ☐ Chewing gum

