

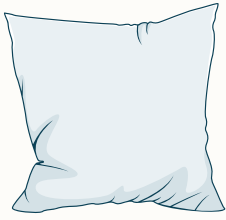
HOSPITAL BAG CHECKLIST

(L&D NURSE APPROVED)

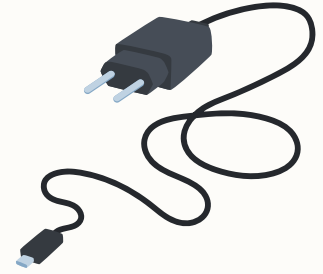
AS A LABOR & DELIVERY NURSE AND MOM OF TWO, I'VE SEEN WHAT ACTUALLY GETS USED—AND WHAT STAYS UNTOUCHED.

THIS SIMPLE CHECKLIST WILL HELP YOU PACK WHAT YOU NEED WITHOUT THE OVERWHELM.





SIMPLE CHECKLIST



FOR MOM

- Comfortable gown or robe
- Nursing bra or tank
- High-waisted underwear
- Non-slip socks or slippers
- Basic toiletries (toothbrush, deodorant, face wash)
- Lip balm (you'll use this constantly)
- Hair ties or claw clip
- Phone charger (extra long cord!)
- Going-home outfit (loose + comfortable)

FOR BABY

- 1-2 simple outfits
- Going-home outfit
- Swaddle or blanket
- Car seat (installed before discharge)
- Paci
- Mittens



FOR YOUR SUPPORT PERSON

- Change of clothes
- Toiletries
- Snacks + Drinks
- Phone Charger

NICE TO HAVE

- Small pillow from home
- Lightweight blanket
- Portable Fan
- Nursing Pillow

WHAT NOT TO PACK

- Too many Outfits
- Diapers and wipes
- formula
- Bulky extras "just in case"
- Full Makeup Kits or Styling Tools



If you want a deeper breakdown of what to expect during labor, recovery, or when things don't go as planned, you can find my full guide here.

[Link to your digital guide](#)

