



Hospital bag checklist for labor

✓ For you:

- Outfit to go home in
- Dressing gown or robe
- Loose cotton or disposable underwear
- A few pairs of socks
- At least 2 front-opening or loose fitting nightgowns
- Flip-flops or slippers
- 2 to 3 nursing bras
- Nursing pads
- Travel-sized toiletries — toothpaste and toothbrush, wet wipes, moisturizer, body soap or gel, hairbrush and hair products, deodorant, lip balm
- Hair ties

✓ For your baby:

- Outfit for baby to go home in
- Onesies
- Sleepsuits
- Muslin squares or bibs
- Baby swaddle
- Shawl or blanket
- Hat
- Scratch mittens
- Socks
- Booties
- Car seat

✓ Optional items:

- Notepad and pen
- Massage aids
- Your own pillow
- Book on newborn care

- Glasses
- Medications, including vitamins
- Small, portable fan
- Charging cables, including a long cell phone charger
- Identity document, like a passport or driver's license
- Medical insurance card (if applicable)
- Hospital registration form
- Birth plan, or copy of your birth preferences
- Books, magazines, a tablet, laptop, music, or anything to help you relax or pass the time

✓ For your partner:

- Charging cables, including a long cell phone charger
- Reusable water bottle or bottled drinks
- Snacks
- Travel-sized toiletries
- A change of clothes
- Comfortable shoes
- Books, magazines, a tablet, laptop, music, or anything to help pass the time
- Cash or a card to pay for parking and vending machines

- Bikini top
- Eye mask
- Ear plugs
- Snacks

