

Hospital Bag Checklist for Mom

Checklist · 30 items · 8 sections

Everything mom needs to pack for the hospital: labor and delivery essentials, postpartum recovery items, newborn needs, and what to bring for your partner.

Open the editable, AI-powered version online:

<https://genechecklist.com/checklist/hospital-bag-checklist-for-mom>

DOCUMENTS

- Insurance card and photo ID
HIGH
- Birth plan (printed copies for nurses and doctor)
HIGH
Keep it to 1 page: bullet points are easiest for staff to read quickly
- Hospital pre-registration paperwork (complete online before labor if possible)
HIGH
- OB/midwife contact number saved and printed
HIGH

CLOTHING FOR MOM

- Comfortable robe (easy to open for nursing or skin-to-skin)
HIGH
- Nursing-friendly nightgown or pajamas
HIGH
- Non-slip socks or slippers (hospital floors are cold)
HIGH
- Comfortable going-home outfit (loose: you'll still look 6 months pregnant)
HIGH
- Nursing bras (2) and breast pads
HIGH

TOILETRIES FOR MOM

- Hair ties and hair brush
HIGH
- Toothbrush, toothpaste, lip balm
HIGH

- Face wash and moisturizer
- Shampoo and conditioner
- Nipple cream (lanolin-based, safe for baby)

HIGH

POSTPARTUM CARE

- Witch hazel pads or Tucks (postpartum relief)
- Peri bottle (hospital provides one but personal one can be better)
- High-waist mesh underwear (or hospital-grade disposable underwear)
- Heavy-flow postpartum pads

HIGH

Hospital often provides these but you may want your own supply

HIGH

HIGH

HIGH

ELECTRONICS

- Phone charger and portable battery pack
- Camera or confirm phone storage cleared for photos/video
- Earbuds or headphones (music during labor)
- Tablet or laptop (for long early labor phases)

HIGH

HIGH

FOR BABY

- Newborn onesies (2-3): pack both newborn and 0-3 month sizes
- Sleeper or coming-home outfit for baby
- Receiving blanket
- Infant car seat: properly installed before leaving for hospital

HIGH

Many newborns skip newborn size: 0-3 month is safer to have

HIGH

HIGH

Hospital will not discharge baby without a car seat

FOR PARTNER

- Snacks for labor (light: crackers, granola bars, applesauce pouches)

HIGH

- Change of clothes and toiletries for partner (1-2 nights)

HIGH

COMFORT

- Pillow from home (hospital pillows are thin)
- Tennis balls or massage tool for back labor