

# Hospital Bag Checklist for Mom

Checklist · 35 items · 7 sections

Pack your hospital bag right: everything for labor, delivery, and the first days with baby. A more detailed mom-specific version is the Hospital Bag Checklist for Mom; partners can use the Hospital Bag Checklist for Dad. For the full nine-month plan see the Pregnancy Checklist, and once baby is home the Newborn Checklist covers the first month of care.

Open the editable, AI-powered version online:

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

## DOCUMENTS

- Hospital pre-registration paperwork

HIGH

- Insurance card and ID

HIGH

- Birth plan (printed copies)

HIGH

- OB doctor's contact number

HIGH

## MOM: CLOTHING

- Comfortable nightgown or robe

HIGH

- Warm socks and slippers

HIGH

- Nursing bras (2-3)

HIGH

- Loose comfortable clothes to go home in

HIGH

- Underwear (pack extra)

HIGH

## MOM: TOILETRIES

- Toothbrush and toothpaste

HIGH

- Shampoo and conditioner
- Body wash and deodorant
- Lip balm (for labor breathing)
- Hair ties and headband
- Face wipes / makeup remover

## **NURSING**

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- Nipple cream (lanolin)  
**HIGH**
- Nursing pads  
**HIGH**
- Breast pump and parts (if using)

## **COMFORT**

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- Snacks and drinks (labor is long!)  
**HIGH**
- Phone charger and power bank  
**HIGH**
- Pillow from home (with colored pillowcase)
- Entertainment (book, tablet, headphones)
- Camera or confirm phone is charged  
**HIGH**

## **BABY ESSENTIALS**

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- Newborn onesies (2-3, multiple sizes)  
**HIGH**
- Baby sleepers/pajamas  
**HIGH**
- Baby hats and mittens  
**HIGH**
- Swaddle blankets (2-3)  
**HIGH**
- Diapers (hospital provides, but pack some)
- Baby wipes
- Going-home outfit for baby  
**HIGH**

- Infant car seat (installed correctly)

HIGH

### **PARTNER**

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- Change of clothes for partner
- Partner's toiletries
- Partner snacks and drinks
- Cash for parking and vending machines