

What to Pack In Your Hospital Bag Checklist

FOR YOU

The admin

- ☐ TEI card
- ☐ Military/government ID cards
- ☐ Birth plan

Clothes

- ☐ Nursing bras or tanks
- ☐ Stretchy joggers or leggings
- ☐ PJs and robe
- ☐ Slip-on shoes, shower shoes
(flip flops, Crocs, Birkenstocks, etc)
- ☐ Cozy socks
- ☐ Going home top or outfit

Toiletries

- ☐ Toothbrush/toothpaste
- ☐ Face wash/face wipes
- ☐ Deodorant
- ☐ Dry shampoo
(or regular + conditioner)
- ☐ Hair ties, hair dryer
- ☐ Lip balm
- ☐ Lotion
- ☐ Glasses/contacts

All the extras

- ☐ Nipple balm
- ☐ Pillow
- ☐ Bath towel
- ☐ Extra-long phone charging cord
- ☐ Portable Bluetooth speaker
- ☐ Reusable water bottle
- ☐ Snacks/Gum/hard candy/Gatorade

FOR YOUR BABY

- ☐ Car seat
- ☐ Going home outfit
- ☐ Bottles (if using)
- ☐ Pediatrician contact info

FOR YOUR SUPPORT PERSON

- ☐ Pillow and light sleeping bag
- ☐ All the snacks (to share)
- ☐ Toiletries
- ☐ Reusable water bottle
- ☐ PJs and changes of clothes
- ☐ Laptop or tablet