

Hospital Bag Checklist

Recommended to pack 1 month before EDD

Documents



- Doctor's Admission Letter
- Identity Card/Passport
- Original Marriage Certificate
- Letter of Guarantee from your insurance company (if applicable)
- Relevant health records & current medication list
- Prenatal Receipts (for claims)

Toiletries



- Packet of sanitary pads
- Skincare, dental kit & makeup
- Perineal Spray
- Dry Shampoo
- Deodorant/Body wipes
- Contact lenses/glasses
- Hair brush
- Towel

Mom's Clothes



- Bedroom/shower non-slip slippers
- Nursing bras and tanks
- Cardigan
- Socks
- Disposable underwear
- Stomach Binder
- Going Home Outfit

Baby's Gear



- Cord blood kit (if applicable)
- Going Home Outfit (romper + swaddle)
- Mittens, socks, beanie
- Baby Wipes
- Baby Milestone Card (optional)
- Baby Car Seat (if driving home)

Breastfeeding Gear



- Breast Pump
- Nursing Cover
- Lactation Cookies/Tea
- Breast pads
- Nipple shield
- Nipple cream/butter

Others



- Bags for soiled clothes
- Mobile phone, Laptop & charger
- Reusable Water Bottle
- Snacks
- Pillow, light sleeping bag, and 3 clothing sets for partner