

Hospital Bag Checklist

ESSENTIALS

- ☐ Make sure your car seat is installed (you will be surprised how unintuitive this can be)
- ☐ Birth plan/preferences (3 printed copies)
- ☐ Driver's license
- ☐ Insurance card
- ☐ Cord blood collection kit if you are planning on banking your cord blood and/or tissue.
- ☐ Pediatrician's information

FOR BABY

- ☐ Two outfits of two different sizes (newborn and 0-3 months)
*Keep in mind baby will be going in their car seat so nothing too bulky i.e. sleep sack
- ☐ Bottles and formula (if you are planning on using them)
- ☐ Hat and socks
- ☐ Cozy blanket
- ☐ If you expressed colostrum (1-2 syringes on ice)
- ☐ The hospital has diapers and wipes, but if you want something more natural, bring your own.
- ☐ The hospital has soap + shampoo, but bring your own if you want something more natural.

ENVIRONMENT

- ☐ Bluetooth speaker
- ☐ Playlists or sound machine
- ☐ 2 bed pillows from home, one for you and one for your partner
- ☐ 2 cozy blankets, one for you and one for your partner
- ☐ Flameless battery-operated candles, fairy or string lights
- ☐ Crystals such as rose quartz to hold the space of love, amethyst for peace, intuition, and relaxation, black tourmaline for protection, and selenite for good positive energy
- ☐ Oil diffuser
- ☐ Aromatherapy oils
*The ones I use mostly are clary sage to help bring on labor contractions and help with pain, lavender to help calm and relax, lemon for nausea, peppermint for energy, and orange, bergamot, or rose geranium to uplift the spirit and promote joy.
- ☐ Words of affirmations/quotes
- ☐ Visualizations/photos to hang on the walls

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FOR YOU

- ☐ Eye mask
- ☐ Ear plugs
- ☐ Earbuds or headphones
- ☐ Chargers for electronics
- ☐ Your own soft and comfy labor gown with an opening for skin-to-skin, breastfeeding, and access to the back if you are planning an epidural (when you wear your own clothes it makes you feel like you are having a baby instead of being sick and having a medical procedure done)
- ☐ A pack of adult diapers to labor in and wear after (so much more comfy than the hospital ones, you will never want to take them off!)
- ☐ Robe, cardigan sweater, or zip-up
- ☐ Sweatshirt (for easy put on and take off)
- ☐ Slippers and flip-flops
- ☐ Cozy socks or grip socks
- ☐ Change of loose clothes for right after birth something that buttons up the front for easy skin-to-skin and breastfeeding access
- ☐ Change of loose clothes to wear home
- ☐ 2 Nursing bras or tanks
- ☐ Glasses if you wear them or contacts and solution
- ☐ Toiletries
 - Hairbrush
 - Face wipes or wash
 - Face and body creams and serums
 - Hair ties and clips
 - Deodorant
 - Toothbrush and toothpaste
 - Lip balm
 - Shampoo/dry, shampoo and conditioner if planning to wash your hair
- ☐ Nipple cream/balm
- ☐ Breastfeeding pillow
- ☐ Easy to digest on-the-go snacks for energy such as fresh or dried fruit, snack bars, nuts, nut butter, honey sticks for energy, yogurt, etc
- ☐ Reusable water bottle
- ☐ Needed Hydration Support to stay hydrated during your birth and afterward
- ☐ Needed Prenatal Multi Powder to stay nourished during birth and replenish your body afterward
- ☐ Needed Prenatal Collagen Protein to help replenish and heal the tissues and body post-birth
- ☐ Needed Sleep + Relaxation Support to help relax tired and sore muscles postbirth and help keep the bowels moving
- ☐ Witch hazel pads for healing

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FOR PARTNER

- ☐ Phone charger
- ☐ Ear plugs
- ☐ Toiletries
- ☐ Change of clothing, pajamas,
- ☐ Slippers
- ☐ Snacks
- ☐ Reusable water bottle

EXTRAS

- ☐ Cooler
(if you are bringing your placenta home)
- ☐ Laptop or tablet
- ☐ Lori Bregman’s Doula deck
- ☐ Pregnancy journal
- ☐ Massage lotion/oil
- ☐ TENS machine
- ☐ Birth ball and peanut ball if the hospital does not have them
- ☐ Hand comb to squeeze during contractions to help defer the sensation of contractions
- ☐ Hand-held or battery-operated fan

MISC (Add Your Own)

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