

Hospital Bag Checklist

Pregnancy is such a beautiful journey and as your due date approaches, your little one can arrive at any moment. How exciting! One of the most important items to have ready to go, is your hospital bag (do not procrastinate). Your hospital bag will contain all of the essentials needed during your hospital stay.

Based on personal experience, I recommend packing the following:

For Mommy:

- ID, insurance information and birth plan (make copies to ensure all of the providers are aware)
- Toiletries: toothbrush, toothpaste, deodorant, shampoo/conditioner, hairbrush, hair ties, face wipes, face wash, body lotion, face moisturizer, and lip balm)
- Bath towel
- Robe (to walk around the hospital if needed and postpartum comfort)
- Clothes: sweatpants or leggings (you will want to be comfortable, trust me), nursing bra (if deciding to nurse), nursing tank/shirt, maternity underwear, socks (it will be freezing in there), going home outfit, slippers, and comfortable shoes
- Nipple Balm (if deciding to nurse, this will be your best friend)
- Gatorade or any drink with electrolytes
- Cell phone and charger

For Baby:

- Car seat
- Going home outfit
- Pediatrician information (the hospital will need it)
- Bottles (if you will use them)

The hospital will provide diapers, wipes, and a pumping machine

For your support person/spouse:

- Toiletries
- Comfortable clothes
- Entertainment like a laptop, book, video game, etc.
- Snacks/water (some hospitals do not provide food for anyone other than you)