

# Hospital Bag Checklist

Pack your bag from around 35 weeks so it is ready if labor starts early. Tick each item as it goes in, and keep the bag somewhere you can grab it quickly. Check the list again a few days before your due date in case anything has been borrowed or used.

Your name: \_\_\_\_\_

Due date: \_\_\_\_\_ dd / mm / yyyy

Hospital or birth center: \_\_\_\_\_

Midwife or OB contact number: \_\_\_\_\_

## PAPERWORK AND ESSENTIALS

### Paperwork and essentials items

- ☐ Photo ID and insurance card
- ☐ Maternity notes or hospital records
- ☐ Birth plan or birth preferences, printed
- ☐ Hospital pre-registration paperwork
- ☐ Phone and a long charging cable
- ☐ Cash or card for parking and vending machines
- ☐ Glasses or spare contact lenses and solution

## FOR LABOR

### For labor items

- ☐ Loose nightgown or old T-shirt you do not mind ruining
- ☐ Non-slip socks and slippers
- ☐ Hair ties and a hairbrush
- ☐ Lip balm and unscented moisturizer
- ☐ Water bottle with a straw or sports lid
- ☐ Snacks and energy drinks for you and your birth partner
- ☐ Music, headphones, or anything else you find calming
- ☐ Massage oil, a heat pack, or a handheld fan

## FOR AFTER THE BIRTH

### For after the birth items

- ☐ Two or three nursing bras and breast pads
- ☐ Maternity pads - at least two packs
- ☐ Five or six pairs of high-waisted disposable or old underwear
- ☐ Two nightgowns or pajama sets that open at the front for feeding
- ☐ Dressing gown and towel
- ☐ Toiletries, including toothbrush, shampoo and dry shampoo
- ☐ Loose, comfortable going-home outfit

FOR THE BABY

For the baby items

- ☐ Newborn diapers - at least one pack
- ☐ Cotton wool or water wipes
- ☐ Five or six bodysuits and sleepsuits in newborn and 0-3 months
- ☐ Hat, socks or booties, and scratch mittens
- ☐ Two or three muslin cloths
- ☐ Blanket or shawl for the trip home
- ☐ Weather-appropriate going-home outfit
- ☐ Car seat, fitted and checked in advance

FOR YOUR BIRTH PARTNER

For your birth partner items

- ☐ Change of clothes and toiletries
- ☐ Snacks, drinks and change for machines
- ☐ Phone, charger and a list of people to call
- ☐ Pillow and something to read during the quiet stretches

LEFT UNTIL THE LAST MINUTE

|                           |                         |
|---------------------------|-------------------------|
| Item: _____               | Where it is kept: _____ |
| Who is grabbing it: _____ | Packed: _____           |
| Item: _____               | Where it is kept: _____ |
| Who is grabbing it: _____ | Packed: _____           |
| Item: _____               | Where it is kept: _____ |
| Who is grabbing it: _____ | Packed: _____           |
| Item: _____               | Where it is kept: _____ |
| Who is grabbing it: _____ | Packed: _____           |
| Item: _____               | Where it is kept: _____ |
| Who is grabbing it: _____ | Packed: _____           |

Anything specific to you - medication, allergies, birth plan notes