

Getting Ready

Hospital Bag Checklist

Pack it a few weeks before your due date. Check with your hospital what they already provide.

For you

- ☐ Photo ID and insurance card
- ☐ Birth plan, if you have one
- ☐ Phone and a long charging cable
- ☐ Comfortable robe or loose clothes
- ☐ Slippers and warm socks
- ☐ Nursing bras or soft bras
- ☐ High-waisted, comfortable underwear
- ☐ Toiletries, lip balm and hair ties
- ☐ Glasses or contact lenses
- ☐ A loose, comfortable outfit to go home in

For baby

- ☐ Car seat, installed before your due date
- ☐ Going-home outfit in two sizes
- ☐ Weather-appropriate layers (no bulky coat in the car seat)
- ☐ Socks or booties
- ☐ Diapers and wipes for the trip home

For your partner

- ☐ Change of clothes
- ☐ Snacks and drinks
- ☐ Phone charger
- ☐ A pillow
- ☐ Any regular medications

Paperwork

- ☐ Hospital pre-registration forms
- ☐ Pediatrician name and phone number