

Checklist

Hospital Bag Checklist

THOUGHT CATALOG®

When to Start Packing

Hospital packing is an important part of your birth plan. Ideally, you should have the bag ready to go around 35-37 weeks before the expected due date. In the case of early labor, you won't be scrambling to get everything together.

What to Pack for Mom

For planning purposes, women who deliver vaginally tend to stay (on average) one to two days in the hospital. Women who deliver via c-section stay (on average) three to four days. It's definitely important to consider the length of your stay when you are packing the hospital bag.

Pro tip: Ask your hospital staff what they provide for mothers and feel free to take those things off your hospital bag checklist. However, it doesn't hurt to have extras. You got this, mama!

Photo ID

Insurance info

Cell phone and charger (also portable charger and USB in case outlets are scarce)

A few pairs of warm socks (cotton or wool)

A robe

Warm sweater (one you don't mind possibly getting dirty)

Toiletries and personal items (can include hairbrush, toothbrush, toothpaste, deodorant, face wash, shampoo, conditioner, lotion, contact lens case and solution, glasses)

Lip balm

Ponytails/scrunchies/headbands

Snacks

Two maternity bras/nursing bras (no underwire)

Nursing pads / Breast pads

Loose, lightweight clothing and pajamas (better than just wearing a hospital gown)

Comfortable going-home outfit

Comfortable shoes (flats or flip flops)

Bath towel

Peri bottle

A book or magazine

Earbuds to listen to music

Comfy pillow

A few pairs of maternity underwear

Breast feeding pillow

Postpartum recovery essentials kit

Reusable water bottle or something with more electrolytes like Gatorade

Nipple cream

Adult diapers/Maternity pads/Maxi pads

Stool softener (just in case)

Eye mask (in case you have light sensitivity)

Prescription medications (if applicable)

Pediatrician contact information

What to Pack for Baby

While I'm sure every baby book will tell you to baby proof your house and get all the baby goods you possibly can, make sure you also pack a couple of key items for your baby's arrival.

A car seat (yes, you NEED a car seat and it must already be installed)

A going home-outfit and hat (bring different sizes as you don't know how big your baby will be)

Bottles (if you are using them)

Don't worry too much about diapers or wipes (the hospital should have plenty-- feel free to bring an extra bag for the hospital freebies though. Postpartum life will be challenging so having a surplus of the basics is important.)

A warm swaddle blanket

What to Pack for Partner

It's definitely essential that your partner has a bag for the hospital as well. Many of which are honestly hospital bag essentials. Spoiler alert: it's mostly snacks.

Comfortable clothes and pajamas

Warm socks (cotton or wool)

Toiletries (toothbrush, deodorant, hairbrush, face wash, shampoo, conditioner, contact lens case and solution)

Snacks: Try to pack something from each of these categories: salty, sweet, protein, and healthy. Whatever snacks you bring will probably be way better than hospital food.

Reusable water bottle

Book

Laptop/iPad

Phone and headphones

Phone and laptop charger

Your own pillow and possible sleeping bag (hospital sheets can be scratchy and thin and hospital pillows aren't the most comfortable)

Prescription medications (if applicable)