

# Hospital Bag Checklist for Giving Birth

## CLOTHES

### FOR YOU

#### ESSENTIAL:

- Nursing bra (2) or nursing tank (2)
- Underwear (2-3 pairs)
- Socks (2-3 pairs)
- Going home clothes (your favorite maternity yoga pants and shirt are just fine but others prefer something special!)

#### OPTIONAL:

- Birthing gown
- Pajamas
- Robe
- Slippers / Flip-flops
- Lounge wear

### FOR BABY

#### ESSENTIAL:

- Long-sleeve snap-up or zip-up onesie with feet
- Receiving blanket for the car seat.

#### OPTIONAL:

- Size NB or 0-3 month size clothes for the baby's stay in the hospital.
- Size NB or 0-3 month size clothes for going home. Consider the baby's comfort (for example, while wearing their special outfit in the car seat - avoid bows in the back).
- Receiving blanket.
- Socks.
- Baby mittens so the baby doesn't scratch itself.

## TOILETRIES

#### ESSENTIAL:

- Specialty skincare items or prescriptions
- Contacts / Glasses

#### OPTIONAL:

- Pack a toiletry bag with travel- or trial-size supplies you may wish to have on hand.
- Lip balm
- Nipple cream (if you plan on breastfeeding)
- Deodorant
- Brush and/or comb
- Soap/shampoo/conditioner
- Face wash or wipes
- Lotions
- Hair dryer and other hair products
- Makeup and brushes / sponges

## BIRTHING ROOM AMBIANCE

#### ESSENTIAL:

- Any item you have a specific attachment to that will keep you calm. For example, a good-luck trinket given by someone close to you. Or the photo of a loved one who you wish could be with you.

#### OPTIONAL:

- Essential oil & diffuser (candles are not allowed)
- Flameless LED candles
- More strings of lights

# Hospital Bag Checklist

## for Giving Birth (...CONT.)

### FOOD & SNACKS

#### ESSENTIAL:

- Special dietary needs for you or your support person

#### OPTIONAL:

- Portable cooler with your favorite snacks
- Reusable water bottle with electrolyte flavor pouches

### LINENS / BEDDING

#### ESSENTIAL:

- Nothing extra — the hospital's got you covered (literally)!

#### OPTIONAL:

- Larger bath towel (1-2)
- Your favorite pillow
- Your favorite blanket
- Lightweight sleeping bag / pillow for your support person (hospital will also supply linens for fold out bed)

### PAPER WORK

#### ESSENTIAL:

- Insurance information
- ID
- Pediatrician's contact information, including phone, email and fax

#### OPTIONAL:

- Birth plan if you have one (3 copies - one for your support person, one for your doula, one for your OBGYN)

### BABY CARE

#### ESSENTIAL:

- Car seat with newborn insert.
- Assemble the car seat, install the base, practice putting it in and getting it out of your vehicle.

### ENTERTAINMENT / TECHNOLOGY

#### ESSENTIAL:

- Phone charger with an extra long cord
- Power cords for laptop, tablet, or any other tech you bring.

#### OPTIONAL:

- Tablet or laptop
- Camera
- Passwords for your streaming services
- DVDs
- Portable bluetooth speakers
- Book
- Music playlist - downloaded, several hours long

#### LEAVE THESE THINGS AT HOME

- Breast pump & accessories: you'll have access to one at the hospital if you need it
- Nursing pillow: most moms who bring this don't use it
- Diapers/wipes: the hospital will give you plenty!
- Sheets
- Candles: Candles aren't allowed in the birthing center. Instead, bring flameless LED candles or an essential oil diffuser.