

HOSPITAL BAG CHECKLIST

MOM

Hospital Notes/Insurance Info
Copy of your birth plan
Any Prescription Medications
Loose Comfortable Clothing
Underwear, socks
Maternity Sanitary Pads
Footwear: slippers & flipflops for shower
Labour Gown/Socks
Nursing/Maternity Bra
Glasses/Contact Lens etc
Toiletries & Hairbrush
Dark Towels for Shower & Wash Cloth
Phone & phone charger
Snacks & Drinks
Coins & Card

BABY

Outfits (Newborn & 0-8 Months)
Vests (Newborn & 0-8 Months)
Going home outfit
Hats, Socks and Mittens
Blankets (cot sheets and blankets)
Swaddle Blankets
Muslin Cloths/Squares
Burb Cloth
Nappies (Diapers) & Wipes
Nappy (Diaper) Bags (for soiled nappy)
Cotton Wool Balls
Soother/Pacifier
Car Seat (installed)

Labor Bag

These are items you will pack separately in clear bags (also label the bags "Labor") and leave at the top of your hospital bag for ease of access.

For Mom:

Labor Gown, Socks, Hair-tie, Underwear and Sanitary Pad & Birth Plan

For Baby:

Baby Gro, Vest, Hat, Socks, Diaper, Blanket.

DAD

Phone & Charger
Phone Credit
Coins/Card
Snacks
Change of clothes/Toiletries

