

Hospital Bag Checklist

The following is a list of hospital bag essentials for the mother and baby. Check off the ones you think you need and add more to the list:

For the mother:

- Medical documents, including your health insurance card, ID, and birth plan
- Comfortable clothes and slippers
- Nursing bras and breast pads
- Toiletries, including shampoo, conditioner, soap, toothpaste, and a toothbrush
- Hair ties
- Socks and underwear
- Maternity pads and/or disposable underwear
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- Snacks and drinks
- Phone charger
- Entertainment items, such as books, magazines, and a tablet
- Nursing pillow
- Body wipes
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For the baby:

- Diapers and wipes
- Baby clothes and swaddling blankets
- Receiving blanket
- Car seat
- Nursing pillow
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Make sure to pack them in a comfortable bag that's easy to carry.