

Hospital bag checklist for mom



Check first

- ○ your hospital's current packing list
- ○ list of required documents and test results
- ○ rules for having a birth partner with you
- ○ luggage limit and allowed bag type
- ○ what the hospital provides for the baby
- ○ separate instructions for a planned C-section, if it applies

Documents

- ○ photo ID
- ○ prenatal care record
- ○ blood type result in the format the hospital requires
- ○ current GBS (group B strep) test result
- ○ other test results the hospital asks for
- ○ discharge summaries from earlier hospital stays
- ○ specialist consultations relevant to the birth
- ○ birth plan
- ○ completed hospital forms
- ○ list of medications and allergies

Small bag for the delivery room

- ○ long nightgown or T-shirt for labor
- ○ flip-flops
- ○ warm socks
- ○ water in an easy-to-use bottle
- ○ light snack, to be cleared with the staff
- ○ phone
- ○ charger with a long cable
- ○ hair tie
- ○ lip balm
- ○ tissues
- ○ baby's first outfit, if the hospital requires it

For mom after birth

- ○ 2 to 3 button-front nursing gowns
- ○ bathrobe
- ○ 4 to 6 pairs of mesh underwear, or the number the hospital specifies
- ○ postpartum pads the hospital recommends
- ○ postpartum underpads the hospital recommends
- ○ 2 nursing bras
- ○ nursing pads
- ○ 2 towels
- ○ shower flip-flops
- ○ toothbrush and toothpaste
- ○ travel-size toiletries
- ○ comb or hairbrush
- ○ mug and cutlery, if the ward doesn't provide them
- ○ bag for dirty clothes
- ○ earplugs

For the baby during your stay

- ○ 3 to 5 labeled sets of baby clothes, if the hospital requires them
- ○ bodysuits or side-snap shirts
- ○ footed sleepers
- ○ 1 to 2 pairs of socks
- ○ 1 to 2 thin baby hats, if the hospital requires them
- ○ disposable diapers, if the hospital doesn't provide them
- ○ cloth or muslin diapers in the number the hospital specifies
- ○ blanket, swaddle or sleep sack the hospital recommends
- ○ small pack of wipes, if needed
- ○ barrier cream, if the hospital requires it
- ○ labeled bags for the baby's outfit sets

For your support person

- ○ photo ID
- ○ comfortable change of clothes
- ○ shoes that meet hospital rules
- ○ water
- ○ food
- ○ phone and charger
- ○ some cash
- ○ list of important phone numbers

Going-home bag

- ○ loose clothes for mom
- ○ comfortable shoes for mom
- ○ bodysuit for the baby
- ○ footed sleeper for the baby
- ○ weather-appropriate baby hat
- ○ blanket, bunting or sleep sack for the weather
- ○ properly fitted car seat, if you're going home by car

Listonic

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