



# Hospital Bag Checklist: What to Pack for Labor & Delivery

Print-friendly and mobile version  



## For Mom

- 2-3 comfy nightgowns or pajamas (preferably nursing-friendly)
- Lightweight robe or cardigan
- Slippers or non-slip socks
- Nursing bras
- Comfy underwear (cotton or disposable) if you are going to use pads.
- Postpartum pads (hospital usually provides, but you can bring your own) or postpartum diapers.
- Postpartum belly band (optional) -Ask your doctor first.
- Going-home outfit (super comfy!)
- Toiletries:
- Toothbrush and toothpaste
- Deodorant

Shampoo and conditioner

Body wash

Hairbrush or comb

Hair ties or clips

Lip balm

Face and body lotion

Personal towel (optional)

Nursing pillow (optional)

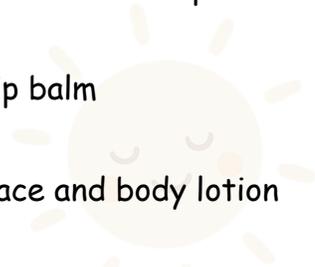
Phone charger (preferably with long cable)

ID and insurance info

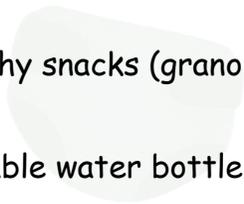
Birth plan (if you have one)

Healthy snacks (granola bars, crackers, nuts)

Reusable water bottle



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Mami Sunshine*





## For baby

- 2-3 outfits (onesies, pants, hat, mittens)
- Swaddle or soft blanket
- Light baby blanket
- Newborn diapers (hospital usually provides, but feel free to bring your own)
- Sensitive baby wipes
- Diaper cream
- Bottle and formula (if not breastfeeding — hospital may provide this too)
- Infant car seat (must be installed and ready for discharge)



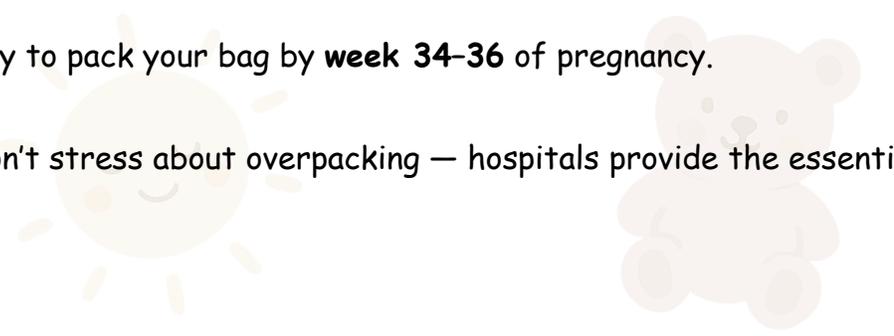
## For Partner or Support Person

- 1 set of comfy clothes
- Hoodie or sweater (hospitals are often chilly)
- Snacks and water bottle
- Phone charger
- List of important contacts or items



## Extra Tips

- Pack **two separate bags**: one for mom and one for baby.
- Use **labeled ziplock bags** to organize baby's outfits.
- Try to pack your bag by **week 34-36** of pregnancy.
- Don't stress about overpacking — hospitals provide the essentials!

A faint, light-colored illustration of a smiling sun with rays on the left and a teddy bear on the right, positioned behind the text.

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