

# *Hospital Bag Checklist:*

## WHAT TO PACK IN HOSPITAL BAG

### HOSPITAL BAG FOR MOM

- PHOTO ID, INSURANCE INFO, HOSPITAL FORMS AND BIRTH PLAN (IF YOU HAVE ONE)
- EYEGLASSES (IF YOU WEAR THEM)
- CELL PHONE AND CHARGER
- TWO OR THREE PAIRS OF WARM, NONSKID SOCKS (FOR WALKING THE HALLS BEFORE AND AFTER LABOR)
- A WARM ROBE OR SWEATER YOU DON'T MIND SACRIFICING TO THE CAUSE
- LIP BALM (HOSPITALS ARE VERY DRY)
- HEADBAND OR PONYTAIL HOLDER (AVOID CLIPS—THEY'LL PROBABLY POKE YOU)
- SUGAR-FREE HARD CANDY OR LOZENGES TO KEEP YOUR MOUTH MOIST DURING LABOR (CANDY WITH SUGAR WILL MAKE YOU THIRSTY)
- NON-PERISHABLE SNACKS AND CHANGE FOR THE VENDING MACHINES
- 2 MATERNITY BRAS (NO UNDERWIRE) AND NURSING PADS (WHETHER OR NOT YOU PLAN TO NURSE, YOU'LL APPRECIATE THE SUPPORT AND LEAK PROTECTION)
- TOILETRIES AND PERSONAL ITEMS: HAIRBRUSH, TOOTHBRUSH, TOOTHPASTE, DEODORANT, FACE WASH, SHAMPOO, CONDITIONER, LOTION,
- CONTACT LENS CASE AND SOLUTION (REMEMBER, TRAVEL-SIZED PRODUCTS ARE YOUR FRIENDS)
- LOOSE, LIGHTWEIGHT CLOTHING (MATERNITY WARDS CAN OFTEN BE HOT) COMFORTABLE GOING-HOME CLOTHES IN SIX-MONTH MATERNITY SIZES, AND FLAT SHOES



# Hospital Bag Checklist:

## WHAT TO PACK IN HOSPITAL BAG

### OPTIONAL ITEMS FOR MOM

- VERY LIGHT READING (THINK MAGAZINES AND NEWSPAPERS, NOT WAR AND PEACE)
- EARBUDS TO LISTEN TO MUSIC ON YOUR PHONE
- BATH TOWEL (THE HOSPITAL WILL PROBABLY SUPPLY A VERY THIN, SMALL ONE)
- HAIRDRYER
- A COMFY PILLOW FROM HOME (WITH A CASE THAT CAN GET RUINED, IN A PATTERN DISTINGUISHABLE FROM HOSPITAL WHITE)
- A FEW PAIRS OF MATERNITY UNDERWEAR THAT CAN GET RUINED (THE HOSPITAL WILL HAVE DISPOSABLE PAIRS, WHICH SOME WOMEN FIND HANDY AND OTHERS FIND GROSS)
- A RUIN-ABLE NIGHTGOWN (YOU CAN USE THOSE LOVELY HOSPITAL GOWNS, BUT YOUR OWN MIGHT HELP YOU FEEL MORE HUMAN)
- BREASTFEEDING PILLOW

### OTHER ITEMS

---

---

---

---

---

---

---

---

---

---





# Hospital Bag Checklist:

## WHAT TO PACK IN HOSPITAL BAG

### HOSPITAL BAG FOR PARTNER

- CELL PHONE AND CHARGER
- A CHANGE OF CLOTHES
- TOILETRIES: TOOTHBRUSH, DEODORANT, FACE WASH, SHAMPOO, CONDITIONER, CONTACT LENS CASE, AND SOLUTION
- SNACKS (YOU DON'T WANT YOUR PARTNER EATING ALL OF YOURS!)
- ENTERTAINMENT, WHETHER IT'S SOMETHING TO READ, LISTEN TO OR WATCH
- CAMERA OR VIDEO CAMERA WITH BATTERIES, CHARGER, AND AN EXTRA MEMORY CARD
- ANY DAILY PRESCRIPTION MEDICATION

### OTHER ITEMS

---

---

---

---

---

---

---

---

---

---

---

---

