

HOSPITAL PACKING LIST

for labor & delivery

PACK HOSPITAL BAG AROUND 36 WEEKS

GENERAL

- ☐ ID & insurance card
- ☐ Folder for paperwork
- ☐ Birth plan – a few copies
- ☐ Phones + chargers
- ☐ Camera
- ☐ Water bottle with straw
- ☐ Comfortable labor gown (optional)
- ☐ Bluetooth speaker
- ☐ Wooden comb
- ☐ TENS unit, if using — familiarize yourself beforehand
- ☐ Snacks/electrolytes
- ☐ Hair ties



MOM

- ☐ Nursing/pumping bra
- ☐ Nursing-friendly pajamas
- ☐ Loose, comfortable outfit for going home
- ☐ Toiletries, makeup if desired
- ☐ Glasses/contact supplies
- ☐ Nursing pillow, if desired
- ☐ Pump, if desired



BABY

- ☐ 1-2 sleepers
- ☐ Announcement accessories, if desired
- ☐ Car seat properly installed before going to the hospital



DAD

- ☐ Change of clothes
- ☐ Comfortable shoes
- ☐ Toiletries
- ☐ Water bottle
- ☐ Wallet

