



What to Pack in Your Hospital Bag



For mom:

- ☐ Clothes
- ☐ Going-home outfit
- ☐ Bathrobe
- ☐ Nursing or pumping bra, if applicable
- ☐ All toiletries
- ☐ Snacks! (hospital kitchen is open 7:00 AM - 6:00 PM)
- ☐ Phone charger
- ☐ Comfort items, if desired
- ☐ Pillow
- ☐ Nursing pillow
- ☐ Your own clothes for labor or postpartum, if desired
- ☐ Small fan

- ☐ Slippers
- ☐ Entertainment
- ☐ Breast pump

For baby:

- ☐ Going home outfit
- ☐ Blanket
- ☐ Car seat

Optional items, if desired:

- ☐ Swaddle blankets or swaddle sleep sack
- ☐ Clothes for while in hospital
- ☐ Nail file
- ☐ Burp cloths

What the Hospital Provides

For mom

- Mesh underwear
- Peri-pads
- Ice pack pads
- Peri bottle
- All medications, including prenatal vitamins
- Disposable breast pads
- All bed linens, towels, facecloths, chux pads, hospital gowns
- Birthing ball, peanut ball, CUB stool for use during labor
- Lactation support

For baby:

- Diapers
- Wipes
- Baby blankets and T-shirts for use during hospital stay
- Hats
- Bottles/pacifier, if desired
- Formula, if desired