



PRINTABLE HOSPITAL BAG CHECKLIST FOR LABOR & DELIVERY

mom

- Insurance card
- ID
- Hospital paperwork
- Bathrobe, nightgown, or PJs
- Socks & slippers
- Personal-care items
- Hair ties
- Nursing bra & extra undies
- Phone & charger
- Entertainment
- Going-home outfit
- Birth plan
- Lip balm
- Extra maxi pads

baby

- Hat
- Mittens
- Socks
- Swaddle blankets
- Going-home outfit

support person

- Snacks & Drinks
- Change of clothes
- Toiletries
- Phone & charger
- Entertainment (e.g., games)
- Card or cash for parking or a vending machine