

Hospital Bag Checklist

By Nicole Nichols-West

☐ Must-Haves

- ☐ Insurance info, hospital forms and birth plan.
- ☐ 2-3 pairs of warm, nonskid socks that can get ruined.
- ☐ A warm robe or sweater you don't mind sacrificing to the cause.
- ☐ 2 maternity bras and nursing pads.
- ☐ Lip balm.
- ☐ Toiletries and personal items: hairbrush, toothbrush, toothpaste, deodorant, face wash, shampoo, conditioner, lotion, contact lens case and solution.
- ☐ A going-home outfit.
- ☐ Going-home outfit for baby.
- ☐ Eyeglasses.
- ☐ Headband or ponytail holder.
- ☐ Sugar-free hard candy or lozenges.
- ☐ Pen and paper.
- ☐ Snacks and drinks or change for the vending machines and non-perishable snacks.
- ☐ Cell phone and charger, phone numbers of people to call after birth.
- ☐ Camera, film or extra memory card, battery or charger.
- ☐ A gym bag packed with a change of clothes and basic hygiene products for your partner.

☐ Take it or Leave it

- ☐ Extra pillow.
- ☐ Comfortable going-home clothes in six-month maternity size and flat shoes.
- ☐ Bath towel.
- ☐ Hairdryer.
- ☐ Your favorite brand of soap, shampoo.
- ☐ A few pairs of maternity underwear.
- ☐ A ruin-able nightgown.
- ☐ Breast pump, if you plan to use one.
- ☐ Slippers that can get dirty.

- ☐ Things to help you relax or pass the time, e.g. light reading.
- ☐ Your MP3.
- ☐ Massage oil and tools like rolling pins or tennis balls.
- ☐ Leave Home
 - ☐ Any clothes or nighties you really like (they will get ruined).
 - ☐ Stopwatch (your nurse or a monitor will take care of timing contractions).