Hospital Bag Checklist

Created: 1/1/2012

# Tasks:

☐ **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).**