ready when you are



Hospital bag checklist

Many parents pack in the last weeks of pregnancy. Ask your hospital or birth center what they already provide, and pack less.

For me

- [ ] Photo ID and insurance card
- [ ] Birth plan, if you have one
- [ ] Comfy robe or nightgown
- [ ] Nursing bra and pads
- [ ] Warm socks and slippers
- [ ] Going-home clothes, loose and easy
- [ ] Toothbrush, lip balm, hair ties
- [ ] Glasses or contact lens case
- [ ] Comfortable underwear
- [ ] Phone charger with a long cord
- [ ] Snacks for after
- [ ] Your own pillow

For baby

- [ ] Rear-facing car seat, installed
- [ ] Going-home outfit
- [ ] A spare outfit in the next size
- [ ] Swaddle or blanket
- [ ] Hat and socks
- [ ] Bottles, if you plan to use them
- [ ] Baby book for footprints

For my partner or support person

- [ ] Change of clothes
- [ ] Toothbrush and toiletries
- [ ] Snacks and a water bottle
- [ ] Phone charger
- [ ] Cash or card for parking
- [ ] Pillow and a light blanket
- [ ] A list of who to call

My extras

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