



HOSPITAL BAG CHECKLIST

Birth Parent

- Wallet w/ID and Birth Plan
- Pain management tools
(find e-book here!)
- Night Gown/Oversized shirt
- Socks with rubber grippers
- Slip-on shoes
- Postpartum underwear
- Overnight menstrual pads (10-20)
- Toiletries (toothbrush/
toothpaste/lotion/lip balm)
- Brush, comb, hair ties
- relaxation tools (i.e. essential oils)
- Easy snacks, broth, labor-aide
- Bendy Straws
- Headphones/entertainment
- Chargers

Baby

- Installed carseat
- Hat
- Socks
- Onesies/ Going home outfit

Birth Partner

- Extra Undies/socks/shirt
- snacks
- 2 wash cloths
- Plastic nausea bags for birthing person