

# Hospital/birth center bag checklist



## Items for mom:

- Birth plan
- Bra and nursing bra
- Breast pads
- Comfortable and loose clothing
- Contact information of the healthcare provider who will be caring for your baby, so the hospital can let the office know your baby has arrived
- Extra-absorbent maxi pads
- Glasses, contacts, and saline solution
- Hair ties
- Hospital paperwork, insurance information, and identification (driver's license, health card)
- Pregnancy medical file, including over-the-counter and prescription medicine information
- Phone and phone charger
- Slippers
- Socks
- Toiletries (body lotion, body wash, deodorant, shampoo and conditioner, toothbrush and paste, and lip balm)

## Items for baby:

- Baby lotion and diaper cream
- Baby blanket and burp cloths
- Car seat
- Diaper bag
- Diapers
- Going-home outfit, including socks or booties and extra layers depending on the weather

## Items for support person:

- Blanket or pillow
- Comfortable clothes (2–3 outfits)
- Phone and phone charger
- Toiletries (body lotion, body wash, deodorant, shampoo and conditioner, toothbrush and paste, and lip balm)
- Undergarments