

Hospital Bag Packing List



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For the Laboring Person's Use

During Labor

Insurance card and pre-admission paperwork

Toothbrush and toothpaste

"Disposable" gown or 2-3 XXL men's t-shirts, prewashed, and robe (unless you prefer hospital clothes) "Disposable" warm socks (at least one extra pair) and slippers

Your favorite relaxing and energizing music

Bottled water, favorite juice, popsicles, electrolyte-balanced beverage

Pillows from home (use brightly colored cases to distinguish from your birth place's linens)

Yogurt, bananas and honey sticks for mom (you may have to sign a waiver at the hospital)

Personal focal point (a picture, flowers, a figurine) to focus on during contractions

Lip balm



For the Partner's Use

Grooming supplies (toothbrush, breath freshener, deodorant, shaver, nail clippers)

Bottled water, juices, food for snacks, such as sandwiches, fruit, cheese and crackers (consider beforehand what they will do to your breath)

Sweatshirt, sweater or lightweight jacket (labor rooms are usually very cool)

Change of clothes (in case of long labor)

Phone card, change or credit card

Camera and extra batteries or charger

Extra copies of the Birth Plan printed on bright paper

Swimsuit so you can accompany the mother in the shower

Reading materials, or handwork for slow times when your help is not needed

Phone list to make calls during and/or after labor

Chargers for all of your electronic equipment and a power strip/surge protector to plug it all into.



For Postpartum

Cosmetics, toilet articles with extra toothbrush

Going-home clothing (you will still be about 5-6 months pregnant-looking)

Gowns that open in front for breastfeeding, (unless you prefer hospital gowns)

Cranberry juice (for after the birth to help prevent bladder infection)

Nipple cream

Tasty snack foods, such as fruit, nuts, cheese and crackers - your favorite treats

Nursing bras

Reading and writing materials, address book, birth announcements

Birth announcement cards

Address book

Soft washcloths - the ones at the hospital feel like sandpaper

Witch Hazel (to put on sanitary pads or perineal packs -- see below)

Perineal packs



For the Baby

Car seat (must be in place before you'll be allowed to leave the hospital)

Going home outfit (stretch suit is best -- must be able to use with carseat)

Receiving blanket

Outside blanket, booties and cap (in cool weather)

Undershirt or onesie

Newborn diapers (the hospital will provide them if you forget)

Soft baby washcloths (so you can give your baby his or her first bath in the postpartum room)

[NOTE: Items for laboring person and partner during labor should be packed separately from items for new mother and baby after the birth -- partner can exchange bags once you are in the postpartum room.]