

# Hospital Bag Checklist

for Mom



## Essentials

- Labor & delivery gown
- Cozy socks and slippers
- Extra long phone charger
- Folder for paperwork
- Small speaker or white noise machine
- iPad or laptop for streaming or journaling
- Going home outfit (loose pants + nursing tank + top)
- Belly band or postpartum support wrap
- ID, insurance card, and birth plan
- Pen + notepad for notes or questions



## Toiletries

- Compressed washcloths or soft face cloth
- Rose oil or gentle facial cleanser
- Travel bottles with shampoo, conditioner, lotion
- Mini razor + shave cream
- Toothbrush + toothpaste
- Deodorant
- Lip balm
- Hair ties + mini brush
- Dry shampoo (optional)



## Comfort

- Gum or mints
- Refillable water bottle
- Electrolyte or coconut water
- Snacks for you & your partner
- Phone
- Earbuds or headphones
- Blanket or cozy throw
- Nursing pillow (optional)
- Lightweight sweater or cardigan
- Glasses or contact case/solution

Notes

 Skip These (Hospital Provides or Unnecessary)

- Peri bottle, witch hazel pads, numbing spray, postpartum pads
- Breast pump (hospitals have them if needed)
- Diapers and wipes for baby
- Multiple outfits for mom or baby
- Hair tools & full makeup bag
- Books & magazines
- Excess snacks

If any of these items bring you comfort, pack them — but know the essentials are covered even without them.