

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



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.