



# Hospital Bag Checklist

What do you pack in a hospital bag? What are the essentials when giving birth? Whether by C-section, inducement or natural delivery you will likely need the following items.

- Insurance card**
- Identification**
- Hospital paperwork**
- Birth plan**
- Clothes for you** - you will need clothes for when you are discharged from the hospital.
- Nipple cream** - if you plan to breastfeed, this is a **MUST**. Lather this on after and before breastfeeding your baby to minimize the normal discomfort and pain of the beginning of the breastfeeding journey.
- Nursing pads** - whether or not you plan to breastfeed, your milk will not regulate for a while. Which means if you aren't wearing these your bra and shirt/gown/robe will get soaked.
- Robes or Nightwear** bring something cozy that reminds you of home, it will help you feel better during your recovery.

- Warm socks** - hospitals are cold, keep your toesies warm.
- Slippers** - bring comfortable shoes you can tread on.
- Flip flops** - unless you are okay with using the hospital shower barefoot, which I WOULD NOT recommend, this is a must.
- Bath towel**
- Absorbent Underwear/Depends/Adult diapers** - you need these, the hospital will likely provide some, but the store brought brands are more comfortable.
- Nursing bra** - if you plan to breastfeed, you'll definitely need this.
- Underwear** - make sure it won't press on any C-section incisions
- Nursing pillow/Boppy** - if you plan to breastfeed, this will make it more comfortable for you and baby.
- Toiletries** - toothbrush, toothpaste, comb, hair brush, deodorant, lip balm, hair ties, hair products, dry or wet shampoo
- Glasses or contact lenses** (if you wear them)
- Cell phone and cell phone charger**
- Pillows**
- Books/tablet/entertainment**
- Candy/gum**
- Snacks and drinks** - a must have, you will be hungry.
- Change for any vending machines** - you will definitely be hungry
- Refillable water bottle**

**For Baby:**

- Newborn outfit** - include a onesie, hat, mittens and socks. Keep in mind the clothing you want your baby to be in for her/his first pictures.
- Car seat** - installed in car and ready to go
- Pediatrician information**

- Baby bottles** - if you plan to formula feed
- Extra space in bags** for what the hospital will give you - diapers, wipes, thermometer, mucus bulb, comb, brush, diaper rash cream, witch hazel antiseptic, etc.