

Your hospital bag checklist

Not sure what to pack in your hospital bag? We have put together a simple hospital bag checklist with all the essentials. Forget packing light, it's about packing right. If there was ever a time to be prepared, giving birth to a new human is it.

- Pack a cozy dressing gown and socks. Ideal for wandering the ward.

- Pack slippers or flip flops for trips to the restroom.

- Pack comfortable, loose maternity clothing or old t-shirts. Take some spares in case things get messy.

- Pack towels as it might be nice to have your own ones from home.

- Pack nighties or open shirts that give easy access to baby, for skin-to-skin contact and breastfeeding.

- Pack plenty of maternity pads. There can be a lot of bleeding after birth—vaginal or C-section.

- Pack a few pairs of big panties. High-waisted and cotton will be comfiest. 8. Pack a couple of nursing bras and lots of breast pads. **For more Breastfeeding essentials, see our checklist** ^[1].

- Don't forget contact details of a lactation consultant or breastfeeding support service in case you don't get the hang of breastfeeding straightaway.

- If you're planning a water birth you might want to bring something to wear in the pool to begin with. 11. Pack healthy snacks. The vending machine can be the back-up plan.

- Pack comfy going-home clothes. And a bag for dirty washing.

- Pack miniature toiletries, face wipes, lip balm, hairbands, dry shampoo, washcloths, and a toothbrush.

- Bring your own feeding cushion or pillow, a bright colored one that won't get lost!

- Pack eye patches and earplugs, and water spray or a pocket fan if it's summer.

- Don't forget your phone and camera. To tell all your friends and family the good news and capture those precious first moments together.

- Pack some makeup, if it makes you feel good.

- Consider music. Some hospitals still have CD players. If not, prepare a pocket playlist.

- Consider books and magazines to keep you occupied during down-time.

- Pack a notebook and pen. Helpful for jotting down feeding times.

- Don't forget your maternity notes, they contain your birth plan and medical information. This is when it'll really come in handy.

- Pack a few baby outfits (2-3 bodysuits and 2-3 t-shirts depending on the season), socks, booties, coat and hat for going home if it's winter, cellular blanket, 1-2 packs of diapers, baby wipes, cotton balls, burping cloths (sometimes known as muslins), and scratch mitts. Pack an extra-long charger cable or a power bank, in case the sockets are far away.

- Bring a baby car seat for the trip home from the hospital—it's mandatory in many countries.

- Buy a big hospital bag to put all this in!

With your bag on standby, you'll need to know when you're ready to give birth. **Go to our Signs of labor checklist to find out** ^[2].

Source URL: <https://www.babyandme.nestle.info/prenatal/hospital-bag-checklist>

Links

[1] <https://www.babyandme.nestle.info/node/682467>

[2] <https://www.babyandme.nestle.info/node/682475>