

Hospital Bag Checklist

DOULA AT THE GATE • Pack by 36 weeks • Keep the bag by the door or in the car

Documents & Essentials

- ☐ Photo ID and insurance card
- ☐ Hospital pre-registration paperwork
- ☐ Birth plan (a few copies)
- ☐ Pediatrician's contact information
- ☐ Phone + extra-long charging cable
- ☐ Cash/card for parking and vending machines

For Mom — Labor & Delivery

- ☐ Comfortable labor gown or old T-shirt
- ☐ Hair ties / headband
- ☐ Lip balm
- ☐ Massage tools or tennis ball
- ☐ Music playlist / headphones
- ☐ Glasses (skip contacts during labor)

For Mom — Recovery

- ☐ 2–3 loose, comfortable outfits
- ☐ Nursing bras and nursing pads
- ☐ High-waisted, full-coverage underwear
- ☐ Heavy-flow maternity pads (hospital provides some)
- ☐ Robe and non-slip socks or slippers
- ☐ Toiletries: toothbrush, shampoo, deodorant, face wipes
- ☐ Going-home outfit (sized ~6 months pregnant)

For Baby

- ☐ Going-home outfit (newborn + 0–3 month sizes)
- ☐ 2–3 onesies and sleepers
- ☐ Swaddle blankets
- ☐ Hat and mittens
- ☐ Car seat — installed and inspected ahead of time
- ☐ Blanket for the car ride home

For Partner / Support Person

- ☐ Change of clothes and toiletries
- ☐ Snacks and drinks
- ☐ Pillow and light blanket
- ☐ Phone charger
- ☐ Entertainment (book, tablet)
- ☐ List of people to update

Nice to Have

- ☐ Your own pillow (colored pillowcase, not white)
- ☐ Eye mask and earplugs
- ☐ Water bottle with straw
- ☐ Nipple cream
- ☐ Long phone-mount or small fan
- ☐ Gift from baby for older siblings

TIP pack a small separate labor bag with just the delivery-room items so you're not digging through everything.