

Complete Hospital Packing List



I had three bags ready for the hospital from month 7 onwards, a short list of extra bits I'd have to grab on the way out the door as well as a check list for my birth partner.

3 bags:

1. One for the delivery,
2. one for the few days after the birth and
3. one for going home.

I had the second and third bag brought into me when I needed them and sent the contents of the first one home when I didn't need them anymore.

Stuff to organize just before leaving the house:

- Dyson Airwrap / hair dryer
- Laptop and charger

Bag 1: Delivery Bag

Essentials:

- Health insurance card and ID
- Birth chart
- Maternity notes/birth plan
- Small basket of goodies for the staff

Personal items:

- Loose nightshirt/t-shirt for birthing
- Hair ties, clips or a headband
- Lip balm, deodorant
- Hairbrush

- Massage oils or lotion for labor if you have any you want with you
- Extra pairs of underwear
- TENS machine for pain relief
- Face cloth/sponge
- Night gown
- Slippers
- Cozy socks with grip soles or slippers
- Dark colored towel
- Front opening nightshirt/PJs
- Toothbrush, toothpaste and mouthwash
- Cardigan, zip-front fleece or sweatpants in case you get cold

Refreshments:

- High energy drinks for mom and partner
- Snacks to eat during labor (your own snacks will be limited and must be approved by your practitioner; your partner should pack sandwiches and nutritious nibbles so they don't have to leave your side to find something to eat)

Entertainment:

- Earphones
- Phone charger
- Diversions for a long labor, such as a juicy novel, crossword puzzles, magazines, a deck of cards, laptop or handheld electronic games
- A baby keepsake book so you can pen some first thoughts and memories

Environment:

- Portable speaker
- Earphones
- Salt lamp
- Humidifier, lavender oil
- Pack of Dettol wipes & sanitizer

Bag 2: For the Ward (after the birth)

For Mom:

Toiletries:

- More hair ties
- Shampoo, conditioner, face wash, soap, shower gel, makeup, lotion and whatever else it takes to make you feel refreshed after delivery
- Flip flops for the shower
- Slip on slippers for the corridors

- Dark towels x 2
- Extra-absorbent maternity pads
- Breast pads

Clothes:

- Extra pairs of underwear
- Nursing bra

Comfort items:

- Your "who to call" list so you can share or text the good news
- Your favorite pillow or lightweight blanket to snuggle with
- Cozy socks with grip soles or slippers
- Front opening PJ's/night shirts x 2
- Lightweight bathrobe to throw on if visitors arrive
- Snacks for after delivery – don't count on the hospital or birthing center to provide them in the middle of the night (think crackers, granola, carrot sticks, apples)
- Small bag for extra hospital supplies and any gifts you might receive
- Pack of Dettol wipes & sanitizer
- Bag to put labor stuff I don't need any more into

For Baby:

- Baby lotion, diaper cream
- Going-home outfit, including socks or booties
- A receiving blanket and 6 muslin cloths
- Extra layers like a sweater, plus a knit cap if it's cold out
- X baby grows (front opening)
- X vests
- Cardigan
- Vaseline
- Hat
- Newborn nappies x 1 pack
- Baby towel
- Bag of cotton wool balls/pads

Bag 3. Going Home

- Clothes to go home in
- Shades
- Car seat & blanket for the day of going home

Hospital Bag Checklist for Partner

- Phone and charger
- Toothbrush, toothpaste, deodorant, spare contact lenses, glasses and other toiletries
- A travel pillow or
- bed pillow in case of a cat nap or overnight stay
- Clothing
- Sweatshirt or
- jacket for quick runs to the drugstore or deli
- A change of underwear and fresh shirt in case labor goes on – and on
- Pajamas in case of an overnight stay
- Earphones
- Chargers
- Snacks – and more snacks, especially ones that keep well (pretzels, trail mix, granola bars)
- Small notes or change for vending machines and the hospital cafeteria
- Reusable water bottle or another beverage (juice, Lucozade)