



Women's Health

Hospital Bag Checklist

Congratulations on your upcoming delivery. Below is a suggested list of items you may need during your hospital stay. In colder months, you may want to take clothing and blanket choices into consideration.

What to bring for Mom:

- ☐ Toiletries- soap/facial cleanser, shampoo, conditioner, toothbrush, toothpaste, floss, deodorant, make up
- ☐ A set of clothes to wear home
- ☐ Nursing bra
- ☐ Magazines or a book
- ☐ Camera and/or phone
- ☐ Chargers for electronics
- ☐ Lip Balm
- ☐ Hand and body lotion
- ☐ Slippers or socks with a non-slip sole for walking around
- ☐ Comfortable clothes for lounging after delivery
- ☐ Hair styling tools/accessories such as a hairbrush, ponytail holder, hair ties, scrunchies, headbands
- ☐ Zip up hoodie/sweatshirt, cardigan sweater that you can put on easily

What to bring for Dad:

- ☐ Toiletries- soap/facial cleanser, shampoo, conditioner, toothbrush, toothpaste, floss, deodorant, make up
- ☐ Magazines or a book
- ☐ Snacks, drinks or cash for the vending machines or cafeteria
- ☐ Zip up hoodie/sweatshirt, cardigan sweater that you can put on easily

What to bring for Baby:

- ☐ Two outfits for hospital pictures and to go home in
- ☐ Socks or Booties
- ☐ Receiving blankets
- ☐ Soft cap for warmth
- ☐ Infant Car seat
- ☐ Car Seat cover if in colder months
- ☐ An extra folding bag to hold gifts and small items from the hospital

Your hospital bag should be prepared about four weeks prior to your due date with everything you need so you can have it ready to go at a moment's notice.