Remindher

FREE PRINTABLE CHECKLIST

The Hospital Bag Checklist

Everything for mom, baby, and your partner — the three bags to pack by 36 weeks, so nothing lands on you alone.

Due date _____ **Hospital** _____ **Who packs which bag** _____

🤰 For Mom — Labor & Birth

- [ ] Photo ID + insurance card
- [ ] Birth plan (a few copies)
- [ ] Phone + extra-long charger
- [ ] Hair ties + clip
- [ ] Lip balm + hand lotion
- [ ] Glasses / contacts + case
- [ ] Grippy non-slip socks
- [ ] Comfy robe
- [ ] Water bottle with straw
- [ ] Light snacks (if allowed)
- [ ] Massage tools / tennis ball
- [ ] Earbuds + a playlist

🌸 For Mom — Postpartum

- [ ] 2 nursing bras
- [ ] Nursing / breast pads
- [ ] Front-open nightgown or PJs
- [ ] Slippers
- [ ] Maternity / mesh underwear
- [ ] Heavy-flow pads
- [ ] Peri bottle
- [ ] Nipple cream
- [ ] Toiletries + dry shampoo
- [ ] Going-home outfit (~6–mo size)
- [ ] Phone charger (again!)
- [ ] Hair brush + ties

👶 For Baby

- [ ] 2 going-home outfits (2 sizes)
- [ ] Swaddle / receiving blanket
- [ ] Hat + socks / mittens
- [ ] Weather-appropriate layer
- [ ] Installed car seat (in the car)
- [ ] A few newborn diapers
- [ ] Muslin / burp cloth
- [ ] Scratch mittens
- [ ] Soft baby blanket
- [ ] Baby book (first footprints)

👱 For Your Partner

- [ ] Their own change of clothes
- [ ] Toiletries + deodorant
- [ ] Phone + charger + power bank
- [ ] Snacks + cash/card (parking)
- [ ] Pillow + light blanket
- [ ] Comfortable shoes
- [ ] List of people to update
- [ ] Something to do (long labor)
- [ ] Camera (if not the phone)
- [ ] Reusable water bottle

📄 Documents & Admin

- [ ] Photo ID
- [ ] Insurance + hospital paperwork
- [ ] Hospital pre-registration
- [ ] Birth plan
- [ ] Pediatrician name + number
- [ ] Cash / coins for parking
- [ ] Notebook + pen
- [ ] Any prescriptions
- [ ] Emergency contact list
- [ ] Nursing / feeding log

✨ Comfort & Nice-to-Haves

- [ ] Own pillow (bright pillowcase)
- [ ] Fan or handheld mister
- [ ] Essential-oil roller
- [ ] Comfy nursing-friendly outfit
- [ ] Flip-flops for the shower
- [ ] Face wipes / micellar water
- [ ] Chapstick + hair clips
- [ ] Bluetooth speaker
- [ ] Eye mask + earplugs
- [ ] Thank-you snacks for nurses

👱 The Partner's Bag Is Theirs to Pack

- [ ] Pack your OWN bag — don't leave it to mom
- [ ] Know the hospital route + parking
- [ ] Be the one who updates family
- [ ] Own the car-seat install before 37 weeks
- [ ] Handle check-in paperwork
- [ ] Bring snacks so you don't disappear
- [ ] Charge everything the night before
- [ ] Keep the camera / phone ready

When to pack: have all three bags ready by ~36 weeks (start of the third trimester). **The mental load:** most moms pack all three bags themselves. Give your partner their own bag and their own list — that's where sharing the load begins.