

Maternity Hospital Bag Essentials Checklist

What should I bring to the hospital?

Congratulations on your pregnancy! We know this is a very exciting time. To help you rest easy in the weeks leading up to your due date, consider having your hospital bag packed and ready to go. Remember to have your support person pack too!

FOR YOU

- Your birth plan, if you have one
- Insurance card, picture ID, hospital paperwork
- Your cell phone & charger
- Toiletries & personal care items
- Eyeglasses or contact lenses
- Hair tie or headband
- Socks & slippers
- Things to help you relax (music, your own pillow or blanket, etc.)
- Nursing bras
- Comfy clothes for after you deliver
- Going home outfit
- Notepad or journal and pen

FOR YOUR PARTNER/SUPPORT PERSON

- Cell phone, camera & chargers
- Change of clothes
- Toiletries & personal care items
- Snacks
- Entertainment (something to read, listen to or watch)
- Any necessary medications

FOR BABY

- Car seat
- Going home outfit
- Baby socks
- Receiving blanket
- Baby hat & warm blanket if the weather is cold



**Once you've packed, keep your bag in your car or by the front door—
and get ready for baby's arrival!**