

Hospital bag checklist

During labor and delivery

- Hospital notes
- Birth plan
- Insurance info
- Handbag
- Loose, comfortable clothing for labor
- TENS machine, if you have decided to use one
- Water bottle with straw
- Lip balm
- Hairband
- Any regular medication (eg. Inhalers)
- Portable speaker (if required)
- Electric candles or aromatherapy (if required)
- Portable fan (if required)
- Clothing and towel for birthing pool (optional, depends on personal preference)

For partner:

- Phone and charger
- Camera and charger
- List of contacts for after delivery
- Snacks and drinks
- Spare change for parking or vending machine
- Swimsuit and towel if planning to support in birthing pool



For mom after delivery



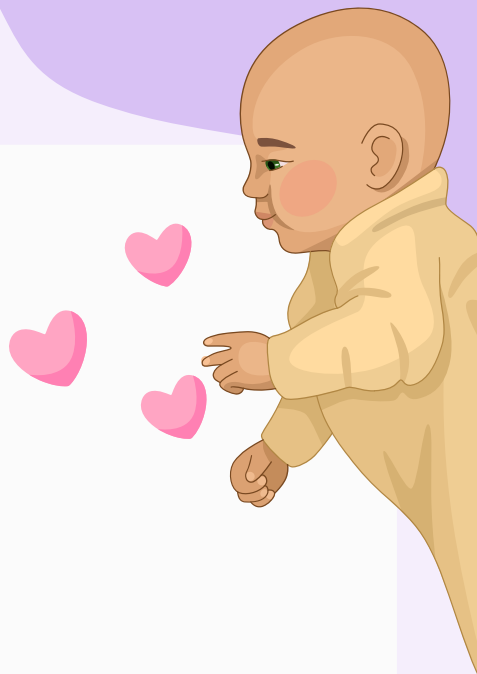
Clothing:

- Dressing gown and slippers
- Nightwear (breastfeeding-friendly, if needed)
- 3–5 changes of clothing (comfortable and stretchy)
- Several pairs of knickers (can be disposable)
- Warm socks
- Comfortable bras, including nursing bras if you plan to breastfeed

Other:

- Breast pads
- Maternity pads (2–3 packets)
- Wash bag (toothpaste, toothbrush, skin care, flannel, face wipes, hair products, dry shampoo, hairbrush, hair bands, deodorant, cosmetics, etc)
- Nipple cream (if planning to breastfeed)
- Eye mask (if you prefer)
- Ear plugs
- Towel
- Favourite snacks and a water bottle
- Your own pillow
- Books, magazine, tablet, and charger
- Phone and phone charger (extra long cable)
- Contact lenses or glasses (if needed)
- A bag to store dirty washing
- Breastfeeding pillow (if planning to breastfeed)
- Postpartum recovery kit (soothing perineum spray, cooling pads, water spray bottle for perineum)

For baby



Clothing:

- Bodysuits
- Sleepsuits
- Vests
- Hats
- Scratch mittens
- Socks or booties
- Snowsuit if weather is cold
- Going home outfit (optional)

Other:

- Newborn size diapers (check if needed)
- Cotton wool or wipes
- Muslins
- Bottles
- Formula (if planning to formula feed)
- Breast-pump
- Car seat
- Warm blanket

Additional extras

- Other personal belongings of significance
- Religious or cultural items
- Extra charges or battery packs

*Leave expensive or treasured belongings or jewelry at home to avoid them getting lost or damaged.