BabyTides

FREE PRINTABLE

Hospital bag checklist

Pack it by about 37 weeks. The NHS suggests having your bag ready at least 3 weeks before your due date, because only about 1 in 20 babies arrive on the day.



For you

- [ ] Birth plan and hospital notes
- [ ] Loose, comfortable clothes for labor
- [ ] Robe and slippers or flip-flops
- [ ] Nightwear that opens at the front, if breastfeeding
- [ ] 3 changes of comfortable clothes and socks
- [ ] 5–6 pairs of underwear
- [ ] 2–3 supportive or nursing bras, and breast pads
- [ ] 2 packs of super-absorbent maternity pads
- [ ] Wash bag: toiletries, hairbrush, washcloth, lip balm
- [ ] Eye mask, towels, your own pillow
- [ ] Spare bag for laundry
- [ ] Snacks, drinks and a water bottle with a straw
- [ ] Small fan or water spray
- [ ] Any medicines you take
- [ ] Books, podcasts or music
- [ ] Phone, long charging cable or battery pack
- [ ] Spare glasses or contact lenses

For your birth partner

- [ ] Change of clothes
- [ ] Toothbrush, toothpaste, deodorant
- [ ] Phone, charger, camera
- [ ] Snacks and drinks
- [ ] Swimwear, if using a birth pool
- [ ] Any medicines, spare glasses or contacts
- [ ] Change for parking and vending machines

Hospitals have their own rules about what to bring and what they provide, so check with yours. General information, not medical advice. If you think you're in labor or something feels wrong, call your doctor or midwife.

Sources: NHS, Pack your bag for labour; American Academy of Pediatrics, HealthyChildren.org. Full guide: babytides.com/articles/hospital-bag

BabyTides

For your baby

- [ ] Bodysuits, undershirts and sleepsuits
- [ ] An outfit for going home
- [ ] Hat, scratch mittens, socks or booties
- [ ] Diapers
- [ ] Cotton wool or wipes
- [ ] Muslin cloths
- [ ] Blanket or shawl
- [ ] Rear-facing car seat, installed before you go

Before you go home

FROM THE AAP

- [ ] Ask about your baby's first immunizations
- [ ] Ask the nurses your safe sleep questions
- [ ] Car seat installed and ready
- [ ] Book your baby's first checkup

Extras my hospital asks for

Car seat notes

FROM THE AAP

- Babies ride rear-facing, starting with the first ride home.
- Install the seat in the back seat before the birth. US hospitals check that you have one.
- A certified child passenger safety technician can check the install.
- Thin, snug layers under the straps. Coats and blankets go over the straps, never under.
- Never put a rear-facing seat in front of an active airbag.

Numbers to keep handy

Hospital or birth center

Doctor or midwife

Birth partner

Ride to the hospital

Hospitals have their own rules about what to bring and what they provide, so check with yours. General information, not medical advice. If you think you're in labor or something feels wrong, call your doctor or midwife.

Sources: NHS, Pack your bag for labour; American Academy of Pediatrics, HealthyChildren.org. Full guide: babytides.com/articles/hospital-bag