My hospital bag

Everything for labor and delivery and your hospital stay

Pack by about week 36 | Adjust to your hospital's list

Labor and delivery bag

- [ ] Photo ID and insurance card
- [ ] Comfy robe or oversized shirt
- [ ] Facial mist
- [ ] Lip balm
- [ ] Hair ties
- [ ] Snacks and water bottle
- [ ] Phone charger (long cord)
- [ ] Music and earbuds

To add

- [ ]
- [ ]
- [ ]
- [ ]

For your stay

- [ ] Nightgowns or pajamas x3
- [ ] Robe
- [ ] Slippers
- [ ] Socks x3
- [ ] Comfy underwear x5
- [ ] Disposable or washable postpartum underwear x10
- [ ] Nursing bras x2
- [ ] Nursing pads
- [ ] Postpartum pads
- [ ] Toiletry bag
- [ ] Your own towel
- [ ] Comfy going-home outfit

Tip: pick button-front pajamas if you plan to breastfeed. Pack a separate small bag for labor and delivery so it stays within reach.

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