



# Hospital Bag Checklist

## For Mama

- Sleepwear/comfy clothes
- Bathrobe
- Warm socks
- Slippers
- Underwear
- Nursing Bra
- Breast pads
- Change of clothes (loose & comfortable) to wear home
- Toiletries, including toothbrush & shampoo
- Hair band, if applicable
- Lip balm
- Maternity pads
- Massage oils or lotions
- Snacks
- Relaxation materials: books, magazines, music and battery operated player
- Pillow (coloured pillow case)
- Eyeglasses, contact lens case, solution & extra contacts (if applicable)

## Other

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## For Partner

- Watch with a second hand for timing contractions
- Camera, film, batteries
- Toiletries, including toothbrush
- Change of clothes
- Snacks
- Reading material, cards, something to keep busy during down time
- Change for payphones/vending machines
- Cellphone/prepaid phone card
- List of important phone numbers

## For Baby

- Newborn diapers
- Receiving blankets
- 1 or 2 newborn outfits
- Socks or booties
- Infant hat
- Infant car seat
- Towel/blanket to keep baby's head secure in carseat

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Try to pack as light as you can and keep in mind that your clothes might get stained (no need to bring anything new or fancy). Have your bag packed and ready to go by 36 weeks just in case (even if you are planning a homebirth). Best wishes!