

FREE GUIDE

The Hospital Bag Checklist

*What to pack for you, baby, and your partner —
and what to skip.*

By Anahely

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A NOTE FROM ANAHEL

What I actually pack — after five babies.

By baby #3, I had learned that I didn't need to pack everything I saw on Pinterest... just the things I actually knew we would use.

The cute going-home outfit? That one is still coming with me every time.

After 5 babies, I've learned what's actually worth packing, what you can leave at home, and those little things you'll be so glad you brought.

So I put together the hospital list I actually use — simple, practical, and organized by who it's for: you, baby, and your partner.

— *Anahely*

How to read this list

ESSENTIAL

Nearly every family needs this.

WORTH IT

Helpful, worth the space in your bag.

OPTIONAL

Nice to have, not a must.

For You

Photo ID & insurance card

Keep it in an outer pocket, not buried at the bottom.

ESSENTIAL

Phone charger + long cord

Outlets are never near the bed. Get a 10ft cord.

ESSENTIAL

Comfy robe or nightgown

Easier for skin-to-skin and nursing than a hospital gown.

WORTH IT

2-3 pairs of comfortable underwear

Sizes up — the hospital ones are actually great too.

ESSENTIAL

Toiletries & travel-size essentials

Toothbrush, deodorant, hair tie, lip balm.

ESSENTIAL

Nursing bra or tank

Pack it even if you're not sure yet — easy to skip using.

WORTH IT

Going-home outfit (loose, comfortable)

You'll still look pregnant. Pack what you wore around month 6.

WORTH IT

Snacks

Labor is long and hospital food service has odd hours.

OPTIONAL

Flip flops or slides

For the shower — hospital floors are not it.

WORTH IT

For Baby

Going-home outfit + 2-3 pajamas

Bring both newborn and 0-3 month sizes — babies can surprise you with how big (or small) they are.

ESSENTIAL

Backup outfit

0-3 sizes in case the going-home outfit isn't enough.

OPTIONAL

2-3 sleepers or onesies

For extra comfort and warmth.

OPTIONAL

Swaddle blanket + muslin blanket

The hospital provides some, but a soft one from home is nice for photos.

WORTH IT

Pacifiers

Pack two different pacifier styles. Babies can have strong preferences, and you won't know which one they'll like until you try.

WORTH IT

Burp cloths

Bring several. You'll use them for spit-up, feeding messes, and just about every little cleanup.

WORTH IT

Car seat, installed

Get it installed and checked before your due date — some hospitals offer a car seat check before discharge, so ask yours.

ESSENTIAL

Hat & mittens

Hospitals usually provide a hat; skip packing extra newborn gear.

OPTIONAL

For Your Partner

Change of clothes (2-3 days' worth)

Labor and hospital stays run longer than planned more often than not.

ESSENTIAL

Phone charger

A second one — you will not want to share the outlet.

ESSENTIAL

Pillow & light blanket

Hospital pull-out chairs are not built for sleep.

OPTIONAL

Snacks & cash for vending machines

Cafeterias close earlier than you'd expect.

OPTIONAL

Flip flops or slides

Your partner will want to shower too.

WORTH IT

Toiletries

Same essentials as your bag — travel-size is fine.

WORTH IT

Laptop or book

For entertainment during long waits.

OPTIONAL

Paperwork & Extras

Birth plan (printed copies)

Bring 2–3 — one for your chart, one for your nurse. See our Birth Plan guide.

WORTH IT

Hospital pre-registration paperwork

Most hospitals let you complete this in advance online.

ESSENTIAL

Portable phone charger / battery pack

Handy during longer labors when you're away from outlets.

OPTIONAL

Nursing pillow

Helps with positioning and support during feeding.

OPTIONAL

Breast pump

For expressing milk if needed.

OPTIONAL

Baby announcement sign or letter board

For cute photos to share with family and friends.

OPTIONAL

Plush toy

For comfort, cuddling and for announcement pictures.

OPTIONAL

Gift for siblings

For a nice keepsake for your little one's siblings.

OPTIONAL

Headphones or a small speaker

For a playlist during labor, if that's your thing.

OPTIONAL

Last-Minute Items

Phone, wallet & keys

Keep them in one spot the night before, so you're not hunting when contractions start.

ESSENTIAL

Daily medications & prenatal vitamins

Bring them in their original containers so the staff can see exactly what you take.

ESSENTIAL

Glasses or contacts (+ case)

You can't pre-pack what you're still wearing every day.

ESSENTIAL

Toothbrush, deodorant & your daily face wash

Same idea — toss them in on your way out the door.

WORTH IT

Big water bottle with a straw

A straw makes drinking so much easier when you're lying in bed.

WORTH IT

Pillow from home

Use a bright pillowcase so it doesn't get mixed up with the hospital's.

OPTIONAL

Not items, but worth a check: who's watching your other kids or pets, and is there gas in the car? Sorting those two early takes a lot of pressure off.

Your First Day After Birth

- **Tell your nurse how you're feeling**

Ask what pain relief options are available. You don't have to wait until it's bad to ask.

- **Expect a lot of check-ins**

Nurses will check on you and baby often, day and night. Ask them anything, including the "silly" questions.

- **Ask for help with feeding**

Whether you're nursing or bottle-feeding, ask a nurse or lactation consultant to watch a feed with you. Nobody expects you to already know how.

- **Rest, and set visiting limits**

It's okay to ask visitors to come later, or not at all. Your recovery comes first.

- **Ask what you can take home**

Hospitals often send you home with supplies for the first days — ask your nurse what's available so you don't have to buy it all.

- **Before you leave, ask which symptoms mean "call right away"**

Ask your provider which warning signs after birth should prompt a call or a trip to the ER, and save the number in your phone.

This is general information, not medical advice. Your care team is the best source for what's right for your recovery.

What You Can Skip

- **A full skincare routine**

You will not have the energy. Bring the basics and call it a day.

- **Full-size toiletries**

Travel sizes save space and you won't finish them anyway.

- **A big bag of diapers and wipes**

Nearly every hospital provides these during your stay.

- **Your "nice" going-home bag**

It'll get set on hospital floors and left in the car. Bring something you don't mind about.

Shop This List

The products I personally recommend for this checklist, linked in one place on my Amazon storefront — scan the code below or visit the link to shop the list.



Scan to shop the Hospital Bag list

amznlink.to/az0S5OwHOkpiU

As an Amazon Associate, I earn from qualifying purchases. This is an affiliate link — it costs you nothing extra.

Hospital Bag Packing Checklist

Print this page and check items off as you pack.

For You

- ☐ Photo ID & insurance card
- ☐ Phone charger + long cord
- ☐ Comfy robe or nightgown
- ☐ 2-3 pairs of comfortable underwear
- ☐ Toiletries & travel-size essentials
- ☐ Nursing bra or tank
- ☐ Going-home outfit (loose, comfortable)
- ☐ Snacks
- ☐ Flip flops or slides

For Baby

- ☐ Going-home outfit + 2-3 pajamas
- ☐ Backup outfit
- ☐ 2-3 sleepers or onesies
- ☐ Swaddle blanket + muslin blanket
- ☐ Pacifiers
- ☐ Burp cloths
- ☐ Car seat, installed
- ☐ Hat & mittens

For Your Partner

- ☐ Change of clothes (2-3 days' worth)
- ☐ Phone charger
- ☐ Pillow & light blanket
- ☐ Snacks & cash for vending machines
- ☐ Flip flops or slides
- ☐ Toiletries
- ☐ Laptop or book

Paperwork & Extras

- ☐ Birth plan (printed copies)
- ☐ Hospital pre-registration paperwork
- ☐ Portable phone charger / battery pack
- ☐ Nursing pillow
- ☐ Breast pump
- ☐ Baby announcement sign or letter board
- ☐ Plush toy
- ☐ Gift for siblings
- ☐ Headphones or a small speaker

Last-Minute Items

- ☐ Phone, wallet & keys
- ☐ Daily medications & prenatal vitamins
- ☐ Glasses or contacts (+ case)
- ☐ Toothbrush, deodorant & your daily face wash
- ☐ Big water bottle with a straw
- ☐ Pillow from home

NOTES

*"Pack light, pack early, and don't worry
about the rest — you can always send
someone home for it."*

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