

## Pregnancy Hospital Bag Checklist: During Labor

- **Cellphone and charger.** Stay in contact with loved ones before and after delivery.
- **Comfort items.** This can include your own pillow, glasses, electronic devices, a good book, family pictures, and other items that will help you relax.
- **Important documents.** Bring a picture ID, your health insurance card, any hospital paperwork, and your birth plan.
- **Labor and delivery clothes.** The hospital will provide you with gowns and socks to use during and after labor, but you may prefer to wear your own. If you want, pack a comfortable bathrobe, a loose nightgown, slippers or flip-flops, and socks.
- **Necessities for your partner/spouse.** Pack snacks, a toothbrush, and a change of clothes for the person who will accompany you to the hospital. If you're in labor for a long time, they won't be able to go home, either!
- **Cash.** It's easy to forget your wallet during the pre-hospital frenzy. If you have some spare change and cash in your hospital bag, you'll be covered if you need a snack from the vending machine — or anything else.

## Pregnancy Hospital Bag Checklist: After Delivery

- **Baby book.** Between the excitement and exhaustion of labor and delivery, it's amazing how much new moms forget about the hours and days after their newborn's arrival. Bring your baby book so you can record the details as soon as they occur.
- **Breastfeeding supplies.** Bring nursing shirts and bras, and a nursing pillow.
- **Extra clothes.** A fresh nightgown, socks, and several pairs of maternity underwear or incontinence underwear will help you feel refreshed during your hospital stay.
- **Contact numbers.** Bring a list of everyone you want to contact after the birth. Preparing this list beforehand ensures you don't forget anyone.
- **Going-home outfits.** Pack an outfit each for you and for your baby. For yourself, choose a clean, loose-fitting, and seasonal outfit to help make your return home as comfortable as possible. Remember that you might not fit into your pre-pregnancy clothes right away, so maternity clothes — particularly pants — are the best choice here. For your baby, choose weather appropriate, comfortable attire. Because sleep sacks don't work well with infant car seats, bring an outfit, such as a one-piece footed sleeper. Make sure to have a receiving blanket and hat for your baby, too.
- **Pen and paper.** Bring a notepad and pen to track your baby's feeding and changing sessions, write down questions for the nursing staff, and note any information that the pediatrician tells you.
- **Snacks.** After labor, you'll probably be hungry. Bring snacks such as crackers, fruit, nuts, granola bars, or anything else you might enjoy.
- **Toiletries.** Pack a few personal items, such as body wash, shampoo, lotion, a toothbrush, toothpaste, lip balm, deodorant, a hairbrush, makeup, and a headband or hair tie.



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