Hospital bag

A checklist for mum and baby

Pack it three weeks before your due date. Three bags: for the delivery room, for the ward, and for going home, which family will bring.



MATERNITY HOSPITAL _____

DUE DATE _____

DOCTOR'S PHONE _____

Documents and phone

- [ ] Passport or ID card
- [ ] Pregnancy record, if it is on paper
- [ ] Contract with the doctor or maternity hospital
- [ ] Phone and a charger with a long cable
- [ ] Power bank
- [ ] Bank card and a little cash

For the delivery room

- [ ] A long T-shirt or nightgown
- [ ] Warm socks
- [ ] Hair tie
- [ ] Water bottle with a straw cap
- [ ] Lip balm
- [ ] A light snack

For mum in the ward

- [ ] Robe
- [ ] Nightgown that opens at the front
- [ ] Nursing bra and pads
- [ ] Maternity pads
- [ ] Disposable or mesh underwear
- [ ] Slippers and shower flip-flops
- [ ] Towel, comb, toiletries
- [ ] Cup and spoon
- [ ] Medicines your doctor prescribed

For baby

- [ ] 2-3 bodysuits, size 56 or 62
- [ ] 2-3 sleepsuits
- [ ] A thin hat
- [ ] Socks or booties
- [ ] Scratch mittens
- [ ] A small pack of newborn nappies
- [ ] Unscented wet wipes or cotton pads
- [ ] 2-3 swaddle blankets

For going home, family brings it

- [ ] Bodysuit, sleepsuit and hat for baby
- [ ] Going-home envelope or snowsuit for the weather
- [ ] A blanket if it is freezing
- [ ] Clothes for mum
- [ ] Infant car seat installed rear-facing

Before you zip the bag

- [ ] Baby clothes washed at 30 °C
- [ ] Scratchy labels cut off
- [ ] List checked against the hospital's list
- [ ] The bag is by the door

Your own items

- [ ] _____
- [ ] _____
- [ ] _____