PACK WITH CALM

Hospital Bag Checklist

FREE · 1 PAGE

A one-page starter list for mom, baby and your support person. Cross out what you do not need — every birth is different.

NAME _____ DUE DATE _____ HOSPITAL / BIRTH CENTER _____

For mom

- [ ] Photo ID & insurance card
- [ ] Hospital paperwork / birth preferences
- [ ] Phone + long charging cable
- [ ] Robe or soft nightgown
- [ ] Non-slip socks & slippers
- [ ] Going-home outfit (comfy)
- [ ] Nursing bras or tanks
- [ ] Toiletries, lip balm & hair ties
- [ ] Snacks & refillable water bottle
- [ ] Pillow, eye mask & earplugs

For baby & partner

- [ ] Going-home outfit for baby (2 sizes)
- [ ] Swaddle or receiving blanket
- [ ] Hat, socks / mittens
- [ ] A few diapers & wipes
- [ ] Burp cloth
- [ ] Installed car seat, ready to go
- [ ] Partner change of clothes (2 days)
- [ ] Partner toiletries & phone charger
- [ ] Snacks, drinks & parking cash
- [ ] Camera or extra memory card

Tip: Pack two weeks before your due date and keep the bag by the door. The full printable bundle adds documents, going-home and first-week pages.