Fillable Hospital Bag Checklist

Type into the fields, click the boxes, save a copy, or print and use a pen. Every page is designed to help you decide what to pack - and what to leave home.

MY PACKING PLAN

MY NAME

SUPPORT PERSON

HOSPITAL OR FACILITY

HOSPITAL PHONE

DUE DATE

PACK-BY DATE FROM MY CARE TEAM

HOSPITAL LOGISTICS TO CONFIRM

CHECK-IN ENTRANCE OR LOCATION

PARKING OR DROP-OFF PLAN

BAG NUMBER OR SIZE LIMIT

VISITOR RULE NOTES

FOOD OR SNACK RULE NOTES

BAG STORAGE OR ROOM NOTE

BEFORE I ZIP THE BAG

- [ ] Check the facility's current packing list
- [ ] Save check-in and parking details
- [ ] Confirm what the hospital provides
- [ ] Confirm visitor and food rules
- [ ] Save car-seat and vehicle instructions
- [ ] Choose the five last-minute items

THE HOSPITAL SAYS IT PROVIDES

I STILL NEED TO ASK

Mom: Essentials + Clothing

Use one status per line: PACKED, HOSP. if the facility provides it, or SKIP. Edit quantities to fit your own plan.

ITEM	QTY	PACKED	HOSP.	SKIP
PAPERWORK + COMMUNICATION				
Photo ID requested by the hospital	1	☐	☐	☐
Insurance information	1	☐	☐	☐
Requested hospital forms	1	☐	☐	☐
Preregistration confirmation	1	☐	☐	☐
Birth plan, if bringing one	1	☐	☐	☐
Wallet	1	☐	☐	☐
Phone	1	☐	☐	☐
Extra-long charging cord	1	☐	☐	☐
Power bank	1	☐	☐	☐
Small paperwork folder + pen	1	☐	☐	☐
CLOTHING + DAILY-USE ITEMS				
Loose going-home outfits	2	☐	☐	☐
Comfortable underwear	4	☐	☐	☐
Soft wireless bra, if wanted	1	☐	☐	☐
Soft robe or open-front layer	1	☐	☐	☐
Slip-on shoes	1	☐	☐	☐
Shower shoes	1	☐	☐	☐
Nonslip socks	2	☐	☐	☐
Glasses and case, if used	1	☐	☐	☐
Refillable water bottle	1	☐	☐	☐

Practical skip: jeans, expensive jewelry, and any outfit that needs a styling plan.

Mom: Toiletries + Practical Add-ons

Check the facility's current list before buying duplicates. This page covers products and packing logistics only.

ITEM	QTY	PACKED	HOSP.	SKIP
BASIC TOILETRIES + ROOM COMFORT				
Toothbrush	1	☐	☐	☐
Toothpaste	1	☐	☐	☐
Deodorant	1	☐	☐	☐
Face wash	1	☐	☐	☐
Hair ties	3	☐	☐	☐
Lip balm	1	☐	☐	☐
Moisturizer	1	☐	☐	☐
Handled toiletries pouch	1	☐	☐	☐
Bag for worn clothes	1	☐	☐	☐
Sleep mask	1	☐	☐	☐
Earbuds	1	☐	☐	☐
Small pillow in a distinct case	1	☐	☐	☐
Empty foldable tote	1	☐	☐	☐
Written contact list	1	☐	☐	☐
POSTPARTUM GEAR + PLANNED C-SECTION ADDITIONS				
Comfortable disposable underwear		☐	☐	☐
Maternity pads, if requested or preferred		☐	☐	☐
Unopened peri bottle, if requested or preferred	1	☐	☐	☐
Loose high-waisted outfit	1	☐	☐	☐
Higher-rise underwear		☐	☐	☐
Small bedside pouch	1	☐	☐	☐

Skip duplicates until you know what the facility supplies. Keep these add-ons inside the main bag.

Baby: Clothes + Ride-home Items

Two simple outfits and the requested ride-home items are a realistic starting point. Follow the facility and product instructions you receive.

ITEM	QTY	PACKED	HOSP.	SKIP
BABY CHECKLIST				
Newborn-size going-home outfit	1	☐	☐	☐
0-3-month backup outfit	1	☐	☐	☐
Labeled zip-top bag for each outfit	2	☐	☐	☐
Soft hat, if it suits the weather	1	☐	☐	☐
Weather-appropriate outer layer	1	☐	☐	☐
One blanket for the trip home	1	☐	☐	☐
Infant car seat	1	☐	☐	☐
Car-seat and vehicle manuals saved	1	☐	☐	☐
Pediatrician contact details, if requested	1	☐	☐	☐
Empty bag for a messy outfit	1	☐	☐	☐
MY BABY-SPECIFIC ADDITIONS				
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐

FACILITY PROVIDES

RIDE-HOME / CAR-SEAT NOTES

Practical skip: a suitcase of tiny outfits. Two simple options keep the bag usable.

Partner or Support Person

Keep this setup in one self-contained overnight bag. The second half of the page assigns the small jobs that otherwise get lost in the shuffle.

ITEM	QTY	PACKED	HOSP.	SKIP
SUPPORT-PERSON BAG				
Changes of clothes	2	☐	☐	☐
Underwear and socks	2	☐	☐	☐
Toothbrush and toothpaste	1	☐	☐	☐
Deodorant and face wash	1	☐	☐	☐
Phone charger	1	☐	☐	☐
Power bank	1	☐	☐	☐
Refillable water bottle	1	☐	☐	☐
Shelf-stable snacks allowed by the unit	1	☐	☐	☐
Wallet	1	☐	☐	☐
Keys	1	☐	☐	☐
Parking details	1	☐	☐	☐
Short contact list	1	☐	☐	☐
Notepad and pen	1	☐	☐	☐
Earbuds	1	☐	☐	☐

WHO IS HANDLING WHAT?

- ☐ Keep the hospital folder easy to reach
- ☐ Bring the car seat and ride-home items
- ☐ Check the room before leaving
- ☐ Track the keys and parking details
- ☐ Handle the agreed family updates
- ☐ Keep count of bags and loose paperwork

SUPPORT-PERSON PHONE

BACKUP CONTACT + PHONE

OTHER JOB OR NOTE

Practical skip: the giant snack haul. Confirm the unit's food rules and use one small pouch.

Final Door Check + Custom List

Keep this page on top of the bag. Check the items still in daily use, add your own, then save or print the completed file.

FIVE THINGS TO CHECK BEFORE LEAVING

- [ ] Wallet + requested identification
- [ ] Phones + charging cables
- [ ] Hospital folder
- [ ] Infant car seat
- [ ] Glasses, keys, water bottle + personal late items

MY LAST-MINUTE ITEMS

Type the item, then check it at the door.

☐	☐
☐	☐
☐	☐
☐	☐
☐	☐

BAG MAP + FINAL NOTES

MAIN BAG LOCATION

PARTNER BAG LOCATION

PAPERWORK LOCATION

PACKED / REVIEWED DATE

CUSTOM NOTES

- [ ] **Bag reviewed and ready**

Pen attached. Done.