



# hospital bag checklist



## WHAT TO PACK FOR LABOR, POST-DELIVERY & BABY DURING COVID-19 RESTRICTIONS

Instead of packing three bags- for you, your partner, and baby (which is what we normally recommend)- shift your packing plan to ONE "clean bag" and ONE "dirty bag". Consider ordering travel-size toiletries for you and your partner to us at the hospital- and then throw them away there. Don't take them home!  
Our suggestions for disposables/one-time use items are marked with an asterisk\*

### for labor

- ☐ Photo ID & Insurance Card
- ☐ Travel Toothbrush & Toothpaste \*
- ☐ Travel Brush/Comb \*
- ☐ Deodorant- small travel size \*
- ☐ Glasses/Contacts/Case/Solution- travel size solution and cheap case for use in the hospital only \*
- ☐ Scrunchies/Hair Ties/Headband- not your favorite ones
- ☐ Lip Balm \*
- ☐ Bathing Suit Top
- ☐ Flip-Flops for Shower



### for your partner

- ☐ 2-3 Sets of Comfy Clothes
- ☐ Toiletries
- ☐ Cash for meals
- ☐ Snacks
- ☐ Water Bottle
- ☐ Medication/Vitamins



### electronics

- ☐ Music/Speaker
- ☐ Phone
- ☐ Laptop/iPad
- ☐ Phone Charger
- ☐ Laptop/iPad Charger
- ☐ Extension Cord  
(so your charging cords reach your bedside)

### for post-delivery

- ☐ Going Home Outfit (loose fitting)
- ☐ Shampoo- travel size \*
- ☐ Conditioner- travel size \*
- ☐ Makeup- take only what you need and use a ziplock bag



### for breastfeeding

- ☐ Nursing Bra- only pack one
- ☐ Nipple Cream/Coconut Oil



### for your baby

- ☐ Going Home Outfit
- ☐ Car Seat Installed
- ☐ One Newborn Hat