

Hospital bag checklist



For the mother

- Documents (health insurance card, identity card, maternity card, possibly the family record book)
- Comfortable outfit for the delivery room (nightgown, loose t-shirt, socks)
- A few granola bars as a snack
- A little spending money
- Comfortable sleepwear (preferably button-up for possible breastfeeding).
- Bathrobe
- Socks and slippers
- Comfortable clothes for visits and walks outdoors
- Nursing bras and pads
- Toiletry bag
- Absorbent sanitary napkins
- Towels

For the child

- Bodysuits (onesies, long- or short-sleeved depending on the weather)
- Clothing suitable for the weather (for a possible walk)
- Socks
- Cap
- Towels
- Burp cloths
- Some diapers
- Pacifier
- Possibly already a cuddly toy or music box
- Baby blanket