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Essential hospital bag checklist

Before you head to the hospital, you'll want to have everything packed and ready. If you're not sure where to start, this interactive hospital bag checklist can help. Simply check off what you'll want — and need — for when it's time to go. Then you can print out your list and pack.



Pack away items you won't need until it's time to head to the hospital. Keep daily necessities in travel bags to ensure a quick departure on that special day.

General Necessities

- Admission forms/papers
- Folder with paperwork
- Camera and/or video camera
- Health insurance card
- Your favorite pregnancy book
- Extra batteries

Oh, and don't forget ...

For Your Baby

- Car seat
- Seasonal outfit for the trip home
- Socks/booties
- Diapers for the trip home
- Hat/beanie
- Blankets

Oh, and don't forget ...

Clothing

- Robe
- Front-fastening nightgown
- Slippers
- Underwear
- Sweats and other loose-fitting garments
- Nursing pads and bras
- Thick socks

Oh, and don't forget ...

Important Last-minute Items

- Cash and change
- Electronic planner
- Map or printed directions
- Mobile phone and charger
- Laptop

Oh, and don't forget ...

The Little Extras

- Pictures of family
- Extra memory for camera
- Film and tapes
- Magazines/reading material
- Suckers and hard candy
- Portable DVD player
- MP3 player with your favorite songs
- Gifts for siblings
- Snacks
- Your most comfortable pillow

Oh, and don't forget ...

For Dad

- Change of clothes
- Books and magazines
- Toothbrush and toothpaste
- Face wash
- Snacks
- Spare T-shirt
- Razor and shaving cream
- Phone number and email address contact list

Oh, and don't forget ...

Personal-Care Items

- Similac® travel bag
- Shampoo
- Mirror
- Floss
- Toothbrush
- Glasses/contacts/solution
- Hair bands
- Body and facial lotion
- Maxi pads
- Prescription medications
- Body soap
- Conditioner
- Brush/comb
- Toothpaste
- Deodorant
- Facial cleanser
- Lip gloss/lip balm
- Makeup/cosmetics
- Mouthwash/mints

Oh, and don't forget ...

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