

Hospital Bag Checklist for Mom and Baby

Packing for your hospital stay can feel overwhelming - especially if it is your first time. As a mom of three, here is my realistic, non-overwhelming checklist with essentials you'll actually use.

1. Healthy, Energy-Boosting Snacks

- Granola bars
- Trail mix
- Dried fruit or fruit leather
- Coconut water or electrolyte drinks

2. Going Home Outfit for Baby

- Soft, zippered onesie
- Baby blanket (no bulky snowsuits)

3. Swaddles, Soothers & Scratch Mittens

- Soft swaddle blankets
- Pacifier (optional)
- Scratch mittens

4. Phone Charger & AirPods

- Extra-long charging cable
- AirPods or headphones

5. Birthing Dress or Gown + Comfy Socks

- Soft birthing dress or nightgown
- Warm socks or grippy slippers

6. Going Home Outfit for You (Nursing-Friendly)

- High-waisted leggings
- Oversized tee or nursing tank
- Cozy cardigan

7. Mini Toiletry Bag

- Shampoo & conditioner
- Toothbrush & toothpaste

- Face wipes
- Deodorant
- Lip balm

8. Nursing Bra, Nipple Cream & Pads

- Comfortable nursing bra
- Nipple cream or coconut oil
- Washable nursing pads

9. Birth Plan (Optional)

- Printed birth plan (if applicable)

10. Comfort Bag (Your Partner Can Grab Later)

- Extra underwear
- Cozy sweaters or loungewear
- Toiletries refills
- Extra snacks

11. Little Comfort Items

- Hair ties
- Lotion
- Lip balm
- Small essential oil roller
- Playlist

12. Baby Bottles (Optional)

- Preferred bottles if bottle feeding

This isn't a Pinterest-perfect hospital bag post - just the real essentials that helped me feel calm and cozy. You've got this, mama!