

# HOSPITAL BAG CHECKLIST

Birth Class  
Seattle



## FOR LABOR

- ID and insurance details
- Birth plan - a few copies
- Hair ties
- White noise machine
- Labor comfort items (eg hand held fan, photos, electric candles, essential oils)
- Toothbrush & paste
- Slip on shoes you don't care about
- Your own pillow (optional) - Take it in a colorful pillowcase
- Phone + extra long charging cord
- Outfit to labor in if you don't want to wear a hospital gown
- Lip balm
- Music & player
- Bathing suit for shower or tub if you are modest
- Deodorant
- Distractions for early labor / after epidural (eg netflix device, card games, etc)
- So many snacks

## FOR BABY

- Car seat
- Going home outfit
- Favorite swaddle if you want to use it in the hospital

## FOR PARTNER

- Food and snacks
- Small bills for vending machines
- Credit card for ordering food
- Gum / mints / breath fresheners

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## FOR PARTNER CONTINUED

- Bathing suit for supporting in the shower
- Water bottle
- Sweater - birth rooms are VERY cold
- Phone charger
- Spare clothes & underwear
- PJs or sweats for sleeping in postpartum

## FOR POSTPARTUM

- PJS or clothes if you don't want to wear a hospital gown
- Breast pads
- Clothes to go home in
- Your own pillow (optional) - Take it in a colorful pillowcase
- Toiletries. Include shower gel and shampoo
- Nursing bra
- Pen and paper
- Sweater or robe for if you have visitors or it gets chilly
- Snacks

Pack separate bags for labor and postpartum / baby. That way you're not having to rummage through everything to find what you need and your birth room won't get cluttered with things you won't need in labor.

The hospital will provide you with all the postpartum supplies that you will need including diapers for the baby and postpartum underwear for you. Load up on it all. If there's any left in your room at the end of your stay, take them home with you. They also have breast pumps, so if you need to use one, they can provide it.