Pregnancy - Common Symptoms and Care Tips
Article

Maternity Hospital Bag Checklist - What to Pack

JUN 7, 2022

The arrival of your new son or daughter is a time of great joy and excitement. It is often a hectic time, making it difficult to remember to pack everything you will need at the hospital. Make use of this maternity bag checklist as a guide to get ready for the big event.

PREPARE YOUR BAG FOR LABOR.

The arrival of your new son or daughter is a time of great joy and excitement. **It is often a hectic time,** making it difficult to remember to pack everything you will need at the hospital.
Make use of **this checklist as a guide** to get ready for the big event.



When should I start packing my hospital bag for the birth?

You are free to begin packing whenever you want. However, **you should have your bag ready at least two weeks before your due date.**[1]



What should I put in my hospital bag for labor?

Pack the following items for yourself:[2]



- your birth plan, as well as your hospital notes
- something loose and comfortable to wear during labor that does not restrict movement or make you overheat



- 3 sets of loose, comfortable clothing
- 2 or 3 comfortable and supportive bras, including nursing bras if you intend to breastfeed – keep in mind that your breasts will be much larger than normal
- breast pads.
- 2 super-absorbent sanitary or maternity pads
- 5 or 6 pairs of knickers – you may want to bring some spares.



- your washbag with a toothbrush, a hairbrush, a flannel, soap, lip balm, deodorant, hair ties, and other toiletries.
- Towels



- books, magazines, music, or podcasts can all help you pass the time and relax.
- a fan or a water spray to keep you cool
- If you plan to breastfeed, wear front-opening or loose-fitting nightgowns or tops.



- slippers and a dressing gown
- healthy snacks and beverages

What should I pack for my new baby's hospital bag?[2]

You might want to pack the following items for the baby:

- vests, bodysuits, and sleepsuits
- an outfit for going home in
- a hat, scratch mittens, socks, and booties
- a lot of nappies
- a blanket or shawl
- muslin bibs or squares
- a car seat for the trip home



What should my birth partner bring with them to the hospital?[1]

Your birth partner may be in the hospital with you for an extended period of time, or even overnight, so they will need to pack a bag as well.

They should consider packing:

- snacks
- cash
- a change of clothes
- a wash bag.
- Music list mum can listen to, if you're relaxing in the early stages.



TRANSPORT[2]

✓ Because you may need to go to the hospital at any time of day or night, **you should plan how you'll get there.**

✓ If you're going by car, make sure it's in good working order and that **there's always enough gas in the tank.**

✓ If someone else has said they'll take you, **have a backup plan just in case they don't show up.**

PREPARE YOURSELF.[2]

✓ You won't want to do much more than relax and care for your baby when you get home, **so plan ahead as much as you can.**

✓ If possible, stock up on essentials like toilet paper, sanitary towels, and **diapers ahead of time.**

✓ You might prepare some meals ahead of time and store them **if you have a freezer.**

REFERENCES

1. NCT. Hospital bag checklist: what do I need to take? Last reviewed in September 2018. Available at: https://www.nct.org.uk/labour-birth/deciding-where-give-birth/giving-birth-hospital/hospital-bag-checklist-what-do-i-need-take. Last accessed at: 20/02/2022.
2. NHS. Pack your bag for labour. Page last reviewed: 19 February 2021. Available at: https://www.nhs.uk/pregnancy/labour-and-birth/preparing-for-the-birth/pack-your-bag-for-labour/. Last accessed at: 20/02/2022.

Prepare your maternity bag for labor

The arrival of your new son or daughter is a time of great joy and excitement. It is often a hectic time, making it difficult to remember to pack everything you will need at the hospital.

Make use of this maternity bag checklist as a guide to get ready for the big event.

When should I start packing my hospital bag for the birth?

- You are free to begin packing whenever you want. However, you prepare your delivery hospital bag list in advance and have your bag ready at least two weeks before your due date.[1]

What should I put in my hospital bag for labor?

Pack the following items for yourself:[2]

- Your birth plan, as well as your hospital notes
- Something loose and comfortable to wear during labor that does not restrict movement or make you overheat
- 3 sets of loose, comfortable clothing
- 2 or 3 comfortable and supportive bras, including nursing bras if you intend to breastfeed – keep in mind that your breasts will be much larger than normal
- Breast pads.
- 2 super-absorbent sanitary or maternity pads
- 5 or 6 pairs of knickers – you may want to bring some spares.
- Your washbag with a toothbrush, a hairbrush, a flannel, soap, lip balm, deodorant, hair ties, and other toiletries.
- Towels
- Books, magazines, music, or podcasts can all help you pass the time and relax.
- A fan or a water spray to keep you cool
- If you plan to breastfeed, wear front-opening or loose-fitting nightgowns or tops.
- Slippers and a dressing gown
- Healthy snacks and beverages

What should I pack for my new baby's hospital bag ?[1]

You might want to pack the following items for the baby:

- Vests, bodysuits, and sleepsuits
- An outfit for going home in
- A hat, scratch mittens, socks, and booties
- A lot of nappies
- A blanket or shawl
- Muslin bibs or squares
- A car seat for the trip home

What should my birth partner bring with them to the hospital?[1]

Your birth partner may be in the hospital with you for an extended period of time, or even overnight, so they will need to pack a bag as well.

They should consider packing:

- Snacks
- Cash
- A change of clothes
- A wash bag
- Music list mum can listen to, if you’re relaxing in the early stages.

Transport[2]

- Because you may need to go to the hospital at any time of day or night, you should plan how you'll get there.
- If you're going by car, make sure it's in good working order and that there's always enough gas in the tank.
- If someone else has said they'll take you, have a backup plan just in case they don't show up.

Prepare yourself.[2]

- You won't want to do much more than relax and care for your baby when you get home, so plan ahead as much as you can.
- If possible, stock up on essentials like toilet paper, sanitary towels, and diapers ahead of time.

- You might prepare some meals ahead of time and store them if you have a freezer.

References:

1. Hospital bag checklist: what do I need to take?Last reviewed in September 2018. Available at: https://www.nct.org.uk/labour-birth/deciding-where-give-birth/giving-birth-hospital/hospital-bag-checklist-what-do-i-need-take. Last accessed at: 20/02/2022.

2. Pack your bag for labour. Page last reviewed: 19 February 2021. Available at: https://www.nhs.uk/pregnancy/labour-and-birth/preparing-for-the-birth/pack-your-bag-for-labour/. Last accessed at: 20/02/2022.