



Maternity Hospital Bag Checklist

Essential Documents and Information

- Birth plan (if you have one)
- Medicare card
- ID and hospital paperwork
- Health insurance information
- List of important phone numbers (family, friends, and support network)

Comfortable Clothing

- Loose-fitting nightgowns or pyjamas
- Comfortable nursing bras or maternity bras
- Recovery pants
- Warm socks and slippers
- Bathrobe
- Loose-fitting outfit to wear when leaving the hospital

Personal Care Items

- Toiletries (toothbrush, toothpaste, shampoo, conditioner, body wash, etc.)
- Hairbrush and hair ties
- Lip balm
- Maternity pads
- Nursing pads and nipple balm (if planning to breastfeed)
- Disposable postpartum underwear and/or full-brief underwear
- Any personal medication if needed

Baby Essentials

- Newborn nappies



- Wipes
- Baby blankets
- Swaddles
- Onesies or baby clothes
- Hat and mittens
- Burp cloths
- Nursing pillow (if desired)
- Going-home outfit for the baby
- Car seat or capsule (installed in the car prior to going to the hospital)
- Infant formula (only if planning to use a milk replacement formula to feed your baby)

Comfort and Entertainment

- Pillows (for extra comfort during labour)
- Extra blanket for partner/support person
- Snacks and drinks for labour and postpartum
- Water bottle with a straw for easy sipping during labour
- Entertainment device (phone, tablet, e-reader, laptop, etc.) and charger
- Camera or video recorder
- Books and/or magazines

Additional Items

- Nursing cover (if desired)
- Nursing-friendly nightwear for easy breastfeeding
- Extra clothes and toiletries for your partner/support person
- Cash or change for vending machines or parking
- Breast pump (if planning to use one)
- Any special items for support during labour such as a TENS machine

