

HOSPITAL PACKING LIST

Your baby's almost here! You should try to have your hospital bag packed and ready to go around 32 weeks. But what should you take? Here's a checklist to get you started.

Bedding

- Blanket
- Pillow

Clothing

- Bathrobe
- Bras, including a nursing bra
- Cloth face coverings for you and your partner
- Comfortable shoes
- Maternity underwear
- Nightgown
- Pajamas and sweatpants
- Socks and slippers

Cosmetics

- Brush/comb
- Deodorant
- Eyeglasses/contacts
- Face wash/wipes
- Hair ties/clips
- Lotion and lip balm
- Nipple cream
- Toothbrush and toothpaste
- Soap or body wash

Electronics

- Camera
- Long phone charger
- Phone

Newborn supplies

- Breastfeeding pillow
- Car seat installed
- Going-home outfit (plus 2 more if you have to stay longer)
- Receiving blanket

Personal

- Cash, credit card and change
- Entertainment (books, music, etc.)
- Hospital paperwork
- Insurance card
- Photo ID
- Name and contact information of your pediatrician

If you forget something, don't sweat it. Hospitals have most essentials and toiletries. Some people just feel more comfortable with items from home.



Atrium Health