

Hospital Bag Checklist

Pack together. Check what your facility provides, then choose what fits your family. Tick an item when it is packed or arranged; cross out anything you do not need.

Documents & contacts

- ☐ ID and any insurance details
- ☐ Required admission paperwork
- ☐ A copy of your birth preferences
- ☐ Care-team names and numbers
- ☐ Important contacts saved offline
- ☐ Any lists your care team requests

Your bag

- ☐ A change of clothes
- ☐ Your toiletries and essentials
- ☐ Phone and a long charging cable
- ☐ Payment method for travel costs
- ☐ Food or drinks the facility allows
- ☐ A notebook and pen

Comfort for your partner

- ☐ Comfortable clothes they choose
- ☐ Socks or slippers they prefer
- ☐ Toiletries and personal essentials
- ☐ Glasses or other everyday items
- ☐ Phone, charger and headphones
- ☐ Any comfort items they request

Baby & going home

- ☐ Going-home clothes
- ☐ A spare outfit
- ☐ Baby supplies the facility requests
- ☐ A bag for used clothes
- ☐ Weather-appropriate travel items
- ☐ Transport and equipment arranged

Our must-have item or preference

Keep the last-minute items on the next page. Your bag only needs to work for your family.

Hospital Bag

The final check

Make the small decisions now so you can find what you need later. Choose a packing date together and keep this page with your bags.

Facility and contact number

Entrance / arrival instructions

Transport / backup plan

Parking / access details

Before the day

- ☐ Confirm the facility's packing and visitor guidance.
- ☐ Agree who will send updates and who can receive them.
- ☐ Arrange any childcare, pet care or household cover.
- ☐ Check travel equipment using its instructions and local requirements.

Grab just before leaving

Item	Where it lives

Bags live here

Packing date / final check by

Delivery Room One-Sheet

Print this page. Talk through preferences together, then follow your partner's lead. You can be useful without having every answer.

Care-team contact

Our updates / visitor contact

Ask. Listen. Act.

"Would you like touch, space, or quiet?"

Check before touching or changing the room. Follow the answer.

"What would help most right now?"

Offer one practical thing. Preferences can change; make room for that.

"Would you like me to ask the team?"

Help relay questions and preferences. Care decisions stay with your partner and the care team.

Small jobs you can own

- ☐ Keep agreed contacts updated; protect the privacy you discussed.
- ☐ Ask before taking photos or sharing any news.
- ☐ Keep useful items within reach; ask staff before moving equipment.
- ☐ Write down the next agreed step and who to ask about it.

A preference to remember

Next step / question for the team

A simple phrase is enough: "I'm here. What would feel helpful?"

First 48 Hours

Make a home plan

Use these three pages for your first 48 hours at home, whenever you arrive. Write down your family's instructions and share the everyday jobs.

Baby's care team / contact

Partner's care team / contact

After-hours contact / care-team instructions for getting help

Before you settle in

- ☐ Keep written care instructions somewhere both of you can find them.
- ☐ Ask the team to explain any instructions that are unclear.
- ☐ Write down follow-up appointments and how you will get there.
- ☐ Choose someone you can ask for a meal, an errand or household help.

Our care team's plan / questions to clarify

Prompts for your conversation: feeding, everyday care, follow-up, and when and how to seek help. Keep the full written instructions with this page.

Baby's follow-up / date / place

Partner's follow-up / date / place

This worksheet does not assess symptoms or replace your family's care plan.

First 48 Hours

Care notes

Use one row per event. Record the details your care team asks for. This is a memory aid, not a schedule or a set of daily targets. Print extra copies as needed.

Date / time period covered

Names / initials used in notes

Write it here so neither of you has to remember it all

Time	Event	Details / observations	Initials

Event examples: feeding, diaper, care-team call. Use your team's instructions about what to record; add units when relevant. Keep personal details private.

Question or update to share with the care team

First 48 Hours

Partner handoff

A short handoff can make the next few hours easier. Agree who owns each job, what they need to know, and when you will check in again.

Share the everyday jobs

Job	Who	When / details

Ideas: meals, laundry, supplies, messages, visitors and asking someone for help. Keep the plan realistic and leave room to change it.

What happened / what is next

Help or a break I need

Person we can ask / specific job

Next check-in time

"What is one thing I can take off your plate?"

Listen to the answer. Choose a clear next step together.

You do not need a perfect routine today. A shared plan, a useful note and one completed job are a good place to begin.