

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