



P27 · 21 PAGES, FILLABLE + PRINTABLE

Hospital Bag Checklist Printable: For Mom, Partner, and Baby. The bag by the door

Twenty-one pages of hospital-bag lists made by someone who has actually packed one. Separated into her, partner, baby, and going-home. Plus a "two-week car-seat practice" note, a phone-line list, and a one-page summary you can hand to a friend if they have to grab the bag for you.

Soothemade Notes

A SMALL APOTHECARY OF PRINTABLES · MADE SLOWLY

A note before you start

I packed my first hospital bag at week 32 from a list with 43 items. Twenty of them sat unopened in the bag for the whole stay. Seven were items the hospital provides. The “comfort items” I actually used were not on the list at all.

This checklist is the version of that bag I packed the second time, after the first had taught me what was needed and what was not.

If you have already started packing, throw out half of what you have. The hospital provides most of it. The half that remains is what matters.

With care, Maya

This is a planning tool, not medical advice. If your provider has given you specific instructions for the hospital bag, follow theirs over this one.

The one-page summary

This is the page someone else can use if they have to grab the bag for you. Tape it inside the cover.

THE BAG LIVES: _____

THE GOING-HOME OUTFIT IS IN: _____

PHONE NUMBERS TO CALL IF YOU CANNOT REACH ME

OB / Midwife: _____

Hospital L&D direct: _____

My partner: _____

Backup contact: _____

Pediatrician: _____

THE THREE MOST IMPORTANT THINGS

1. The bag itself
2. Insurance card and ID (in the inside zipper)
3. The car seat (already installed in the car)

IF I AM NOT THERE WHEN YOU PICK UP

Tell the front desk you are picking up for _____

They will ask for your name + relationship.

DRIVE TO

Hospital: _____

Parking: _____

The exact entrance: _____

Fill this in. Hand it to your partner, your mother, your best friend. Anyone who might be the one to grab the bag at 2am.

For her

The actual minimum.

DOCUMENTS (in an inside zipper, easy to find)

- ☐ Insurance card
- ☐ Photo ID (driver's license or equivalent)
- ☐ Birth plan, if you have one (P14)
- ☐ A list of your providers + their numbers
- ☐ Pre-registration paperwork, if completed

PHONE + CHARGER

- ☐ Phone (you already have it)
- ☐ Charging cable, LONG enough to reach the bed
- ☐ Power brick / wall charger
- ☐ Headphones or earbuds, if you want them

CLOTHES FOR THE STAY

- ☐ Two cozy robes, dark color (the bleed is real)
- ☐ Slippers with grip
- ☐ Two pairs of socks (the hospital is cold)
- ☐ Underwear: 5-6 pairs you do not mind disposing of.

Note: the hospital mesh underwear is honestly very good. You may not need your own.

CLOTHES FOR GOING HOME

- ☐ Loose pants (the maternity ones you wore at 30 weeks)
- ☐ A soft loose top
- ☐ A long cardigan
- ☐ A sports bra or nursing bra (no underwire)

FEEDING

- ☐ Two nursing bras (or sports bras if not nursing)
- ☐ Nipple cream (lanolin or hydrogel pads if you prefer)
- ☐ Nursing pads (the hospital has them, you may not need)

TOILETRIES (in a zipped pouch)

- ☐ Toothbrush + paste

- ☐ Deodorant
- ☐ Face wipes
- ☐ Lip balm
- ☐ A small bottle of any face product you actually use
- ☐ Hair ties
- ☐ A wide-tooth comb or brush
- ☐ Glasses + contacts case (the hospital is dry)

COMFORT

- ☐ A pillow from home (a labeled pillowcase, dark color, so the nurses don't toss it)
- ☐ A small soft blanket (also labeled)
- ☐ Lip balm (yes, again. Different pocket. You will lose one)

SNACKS (yours, not the partner's)

- ☐ Nut bars, two
- ☐ A small bag of trail mix
- ☐ Electrolyte powder packets (3-4)
- ☐ A handful of dried fruit or fruit gummies
- ☐ Saltines or plain crackers (for after, if nauseous)

OPTIONAL BUT GOOD

- ☐ A book or downloaded show you do not care about
 - ☐ An eye mask
 - ☐ A small fan (handheld) if you run hot
 - ☐ A water bottle with a straw (the kind you can drink lying down)
-

For the partner

A separate bag. A partner with their own snack bag is a partner who can stay.

DOCUMENTS

- ☐ Photo ID
- ☐ Insurance card (your own, if needed)

PHONE + CHARGER

- ☐ Phone
- ☐ Charging cable, LONG
- ☐ Power brick

CLOTHES

- ☐ A hoodie or sweater (the hospital is cold)
- ☐ Two changes of clothes
- ☐ A clean t-shirt for the going-home photo
- ☐ Comfortable shoes you can stand in for hours
- ☐ A swimsuit (in case she wants you in the shower with her during labor)

TOILETRIES

- ☐ Toothbrush + paste
- ☐ Deodorant
- ☐ Face wash
- ☐ A small bottle of whatever you use

SNACKS (yours, do not eat hers)

- ☐ Two sandwiches (real food, not gas-station)
- ☐ Trail mix
- ☐ Energy bars
- ☐ A reusable water bottle

CASH + CARDS

- ☐ Cash for vending machines or the cafeteria
- ☐ Credit card

ENTERTAINMENT

- A book, a charged tablet, or earbuds for the quiet stretches (there will be hours of quiet)

THE THING THAT TURNS YOU INTO A HOST

- One small surprise for her, given to her on day two.
A small chocolate, a tiny bouquet, a note. Not big.
Small.
-

For the baby

Short. The hospital provides most of it.

THE HOSPITAL PROVIDES

- ✓ Diapers
- ✓ Wipes (sometimes plain, sometimes not, bring your brand if it matters)
- ✓ A blanket
- ✓ A baby hat
- ✓ A onesie or two
- ✓ Pacifier (if you want one, ask)
- ✓ Formula, if you are formula-feeding (some hospitals have a brand they prefer. Ask in advance if you have a specific need)

WHAT YOU BRING

- ☐ A going-home outfit (size newborn AND size 0-3 months both packed, because you do not know which will fit)
- ☐ A weather-appropriate over-layer (a small cardigan, a snowsuit if winter)
- ☐ A swaddle blanket (cotton, not weighted)
- ☐ A small hat (if you want one specific to your baby)
- ☐ Socks
- ☐ A small soft toy or lovey (for the photo, not for sleep in the crib)

THE CAR SEAT

- ☐ Installed in the car, three weeks before due date.
 - ☐ Tested by someone (the fire department or police station in many areas will check the install for free, and YouTube videos help)
 - ☐ The chest clip position checked.
 - ☐ The harness height appropriate for a newborn (in the lowest slots).
-

For going home

A separate small list.

THE DAY OF DISCHARGE

- ☐ Sunglasses for her (the world outside is bright)
- ☐ A pillow for between her seatbelt and her belly / C-section incision (a regular pillow is fine)
- ☐ A water bottle and a snack for the drive
- ☐ A phone charger for the car
- ☐ The car pre-warmed if it is cold, pre-cooled if it is hot

IF YOU LIVE FAR FROM THE HOSPITAL

- ☐ Plan for one stop on the way home (a quiet parking lot, a friend's house) if the drive is more than an hour. The baby may need to feed.

WHEN YOU GET HOME

- ☐ Sit down. Take a breath. Photo by the door, optional.
- ☐ The bag stays packed for a few hours. Unpack later.
- ☐ The first nap, if anyone can.

THE 24 HOURS AFTER

- ☐ Pediatrician appointment is usually within 1-3 days. You scheduled it? (Check before discharge.)
-

Two weeks before the bag

A short page. Set yourself up so the bag works.

TWO WEEKS BEFORE THE DUE DATE

- ☐ Install the car seat. Get it checked.
- ☐ Drive the route to the hospital, in daylight, with no rush. Know where to park.
- ☐ Drive the route at night, once if possible.
- ☐ Pre-register at the hospital (most allow online).
- ☐ Pack the bag. Put it by the front door (NOT in the closet you will forget about).
- ☐ Talk to whoever else might need to get the bag. Give them the one-page summary.
- ☐ Pre-warm one set of going-home clothes by laying them on top of the bag. Easier to find.

TWO DAYS BEFORE (if you have warning)

- ☐ Check the bag once.
- ☐ Charge all phones, batteries, tablets.
- ☐ Confirm childcare for the older sibling, if any.
- ☐ Confirm the pet plan.
- ☐ Eat a real meal.
- ☐ Try to sleep early.

THE NIGHT IT STARTS

- ☐ Phone the OB or midwife. They tell you when to come.
 - ☐ Bring the bag.
 - ☐ Take a photo, if you want, of yourself at the front door. The version of you who has never been a parent. You will not be that version again.
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The “don’t bother” page

Things the lists tell you to pack that you almost certainly do not need.

SKIP THESE

- × A makeup kit. You will not be doing your makeup.
 - × Heels for the going-home photo. Wear the slippers.
 - × A diffuser. The hospital does not allow them.
 - × A custom playlist. Spotify already exists.
 - × A second pair of jeans. You are not wearing jeans.
 - × Cute pajamas. You are bleeding heavily. The mesh underwear and a long t-shirt are what you will actually wear.
 - × A specific baby outfit for the photo if it has a hood, a bow tie, or anything that has to be adjusted. Pick something soft and one-piece.
 - × Anything you saw an influencer pack. They are not at the hospital with you.
 - × A pillow if you cannot bring it home (some hospitals require you to leave it).
 - × A breast pump (the hospital provides one if needed).
 - × A scale (the hospital has one).
 - × Postpartum mesh underwear (the hospital provides piles).
 - × A peri bottle (the hospital provides one and it is often better than the ones online).
-

The phone-line list

A reference page.

WHO TO CALL, AND WHEN

OB / MIDWIFE (during business hours)

Name: _____ Number: _____

Address: _____

OB / MIDWIFE OFFICE AFTER-HOURS LINE

Number: _____

HOSPITAL LABOR & DELIVERY (direct line)

Number: _____

What floor: _____

NURSE LINE (for "is this real" questions)

Number: _____

PEDIATRICIAN (for after discharge)

Name: _____ Number: _____

PARTNER

Number: _____

BACKUP CONTACT (in case partner is unreachable)

Name: _____ Number: _____

DOULA (if any)

Name: _____ Number: _____

LACTATION CONSULTANT (for after)

Name: _____ Number: _____

THE SIBLING(S) PLAN

Who is watching: _____

Phone: _____

Pickup time: _____

Drop-off time: _____

THE PET PLAN

Who is watching: _____

Phone: _____

The final note

A small page to read once, before the bag goes out the door.

You packed the bag. You did the work to know what was actually needed.

The day will come. You will not be ready in the way you have imagined being ready. You will be ready in the way it actually happens, which is mostly with the bag, in the car, on the road.

That is enough. That is what ready looks like.

Soothemade.



From [Soothemade Notes](#), a small apothecary of printables, planners, and cards for the unphotographed parts of new parenthood. Made slowly, in plain language.



Soothemade *Notes*

*Made for the version of you no one tells you about, the
one at four in the morning, the one in the parking lot, the
one who doesn't recognize her own week.*

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