

# Hospital Bag Checklist

Pack the everyday essentials for the birthing parent and baby, organised into clear sections.

Date / occasion: \_\_\_\_\_

Reviewed on: \_\_\_\_\_

## Documents and Essentials

- |                                                |                                                           |
|------------------------------------------------|-----------------------------------------------------------|
| <input type="checkbox"/> Maternity notes       | <input type="checkbox"/> Phone charger                    |
| <input type="checkbox"/> Birth plan where used | <input type="checkbox"/> Glasses or contact-lens supplies |
| <input type="checkbox"/> Regular medicines     | <input type="checkbox"/> Emergency contact details        |
| <input type="checkbox"/> Phone                 |                                                           |

## For the Parent

- |                                               |                                                            |
|-----------------------------------------------|------------------------------------------------------------|
| <input type="checkbox"/> Comfortable clothing | <input type="checkbox"/> Towel if requested locally        |
| <input type="checkbox"/> Nightwear            | <input type="checkbox"/> Slippers or suitable footwear     |
| <input type="checkbox"/> Underwear            | <input type="checkbox"/> Drinks and snacks where permitted |
| <input type="checkbox"/> Maternity pads       | <input type="checkbox"/> Bag for laundry                   |
| <input type="checkbox"/> Wash bag             |                                                            |

## For the Baby

- |                                               |                                                                                       |
|-----------------------------------------------|---------------------------------------------------------------------------------------|
| <input type="checkbox"/> Vests or bodysuits   | <input type="checkbox"/> Muslin cloths                                                |
| <input type="checkbox"/> Sleepsuits           | <input type="checkbox"/> Suitable going-home clothing                                 |
| <input type="checkbox"/> Nappies              | <input type="checkbox"/> Blanket                                                      |
| <input type="checkbox"/> Cotton wool or wipes | <input type="checkbox"/> Correctly fitted child car seat where travelling home by car |

## Additional notes / family arrangements

Confirm your local maternity unit's guidance and the NHS hospital bag list. The items below are options, not universal requirements.

Official information: [NHS hospital bag checklist](#)