



Hospital Bag Packing Checklist

A practical checklist for mom, baby and the big day.

DUE DATE

HOSPITAL

DOCTOR / MIDWIFE

EMERGENCY CONTACT

• FOR MOM — LABOUR & HOSPITAL STAY

- ☐ ID, medical aid details and hospital admission documents
- ☐ Birth plan (if you have one)
- ☐ Loose, comfortable clothes for labour
- ☐ Front-opening pyjamas or nighties
- ☐ Dressing gown and slippers
- ☐ Comfortable underwear
- ☐ Nursing bras
- ☐ Maternity pads
- ☐ Breast pads and nipple cream
- ☐ Toiletries, hairbrush and hair ties
- ☐ Dark-coloured facecloths
- ☐ Any regular medication (tell hospital staff what you take)
- ☐ Glasses / contact lens supplies if needed
- ☐ Comfortable outfit and shoes for going home

• FOR BABY

- ☐ 4-5 newborn vests
- ☐ 4-5 babygrows / sleepsuits
- ☐ Newborn nappies
- ☐ Baby wipes / cotton wool — check what your hospital supplies
- ☐ 2-3 receiving blankets/swaddles
- ☐ 1 warm blanket
- ☐ 2-3 beanies
- ☐ 2-3 pairs of socks
- ☐ Burp cloths
- ☐ Going-home outfit
- ☐ Car seat installed and ready for the trip home

• FEEDING & CUDDLES

- ☐ Nursing cover — optional, but handy for privacy
- ☐ Burp cloths/muslin receiver
- ☐ Feeding pillow / nursing cushion if you prefer using one
- ☐ Water bottle for mom
- ☐ Easy snacks for after labour — check hospital rules

Every hospital is different. Confirm its current maternity packing requirements and what it supplies before admission.



More to pack & last checks before you go

• LABOUR BAG — KEEP THIS SEPARATE

- ☐ Lip balm
- ☐ Hair tie
- ☐ Phone and long charging cable / power bank
- ☐ Water bottle
- ☐ Comfortable socks
- ☐ Small toiletries
- ☐ 1 pair underwear
- ☐ 2 maternity pads
- ☐ Dark facecloth
- ☐ Anything that helps you relax: playlist, headphones, massage oil or a small comfort item

BABY SENSE TIP

Pack baby's outfits together in small labelled bags (for example: 'First outfit', 'Day 1', 'Going home'). It makes life much easier when someone else is finding things for you.

• FOR YOUR PARTNER / SUPPORT PERSON

- ☐ Phone charger
- ☐ Snacks and water
- ☐ Change of clothes
- ☐ Toiletries
- ☐ Wallet / bank card
- ☐ List of important contact numbers

• DON'T FORGET BEFORE YOU LEAVE

- ☐ Confirm hospital pre-admission
- ☐ Know where to report when labour starts
- ☐ Check what your hospital provides for mom and baby
- ☐ Save your doctor / midwife and hospital numbers
- ☐ Install the infant car seat
- ☐ Put the hospital bag somewhere easy to grab