



Hospital Bag Checklist

For First-Time Moms

— THE HONEST NEST —

Mom

- ☐ ID & insurance card
- ☐ Birth plan (if using one)
- ☐ Phone
- ☐ Long phone charger
- ☐ Labor gown or robe
- ☐ Nursing bra
- ☐ Nursing pads
- ☐ Comfortable going-home outfit
- ☐ Slip-on shoes
- ☐ Cozy socks
- ☐ Hair ties
- ☐ Lip balm
- ☐ Face moisturizer
- ☐ Toothbrush & toothpaste
- ☐ Hairbrush
- ☐ Glasses or contacts
- ☐ Medications
- ☐ Large water bottle with straw
- ☐ Electrolytes or coconut water
- ☐ Favorite snacks
- ☐ Bluetooth speaker or headphones
- ☐ Birth affirmations

Postpartum Recovery

- ☐ Frida Mom Instant Ice Maxi Pads
- ☐ Peri bottle (if preferred)
- ☐ Postpartum underwear
- ☐ Heavy maternity pads
- ☐ Nipple cream
- ☐ Herbal supplements (if recommended)

Baby

- ☐ Installed infant car seat
- ☐ Going-home outfit
- ☐ Extra onesie
- ☐ Socks (if needed)
- ☐ Soft blanket or muslin swaddle
- ☐ Burp cloth
- ☐ Pacifier (optional)
- ☐ Newborn diapers (optional)
- ☐ Baby wipes (optional)

Partner / Support Person

- ☐ Change of clothes
- ☐ Pajamas (if staying overnight)
- ☐ Toiletries
- ☐ Phone charger
- ☐ Water bottle
- ☐ Snacks
- ☐ Wallet & ID
- ☐ Pillow & blanket (if allowed)
- ☐ Daily medications

Before You Leave

- ☐ Install car seat
- ☐ Wash baby clothes
- ☐ Charge electronics
- ☐ Download playlists
- ☐ Pack chilled drinks & fresh snacks
- ☐ Double-check important documents



Remember:

You don't have to pack perfectly.
Your care team will provide many essentials.
Pack what will help you feel calm, comfortable, and prepared.

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Every hospital and birth center is different. Check with your provider to see what supplies they'll already have available.