



What to pack in a hospital bag during pregnancy?

For the mom

Medications and Essentials

- ID, Birth plan and insurance (if you have it)
- COVID essentials - masks, gloves, sanitiser, face shield
- Phone and phone charger
- Medications
- Water bottle
- Stool softener for constipation
- Credit card/ Cash

Toiletries

- Toiletries (including toothbrush, toothpaste, face cream, body lotion, lip balm, hair brush, extra hair ties, shampoo)
- Glasses and/or contact lens
- Sanitary pads - extra long and absorbent ones
- Disposable underwear
- Olive oil for massage
- Perineal water bottle for those undergoing normal delivery

NOTES



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Clothes

- Gown
- Nursing bras (Buy one cup size larger than your pregnant bra size)
- If making kurthas make ones with front zipper, and pants/salwar that have a loose elastic
- Going home outfit (loose gown/dress/ pants with a loose elastic that is high-waisted)
- Bath towel and face towel
- Bedsheet and pillow (just in case the hospital one are not comfortable for you)
- Slippers

If you are solely breastfeeding

- Nursing pillow
- Breast pads (disposable or washable)
- Nipple cream
- Breast pump- advise to take a Manual Breast Pump or a Silicone latch on pump like the Naturebond Silicone Pump

If you are breastfeeding and pumping your milk and/or formula feeding you will need

- 1 or 2 sterilized new born bottle
- Bottle warmer and bottle wash
- Bottle cleaning brush and nipple brush
- Thermos bottle carrier
- Formula, formula dispenser container
- Bowl and spoon for baby in case baby doesn't take to the bottle or breast immediately

NOTES



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Hospital bag essentials for the baby

- 4 undershirts or onesies (mix of short-sleeve and long-sleeve)
- 4 one-piece stretchy sleepers
- 2 newborn hats
- 2 pairs of mittens
- 2 Thin cotton blankets
- 1 Thicker blanket
- 1 swaddle/ receiving blanket
- Bibs and burp cloths
- For babies being born during winter
 - 1 cardigans or jackets, more in winter
 - 2 Fleece sleepsuits for winter
- One complete outfit and baby receiving blanket for baby to wear right after being born- it is recommended to put these in a separate bag since the doctor/nurse will ask for this set before you go in for your surgery (if C-section) or when your labor begins (for normal delivery)
- 4 extra outfits in case of diaper blowouts and length of hospital stay (bphoto set, onesie, pants, hat, mittens, sleepsuit)

NOTES



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Baby Toiletries

- 4 washcloths
- Baby soap or baby body wash
- Baby shampoo
- Baby cream/lotion
- 1 Baby soft-bristled hair brush
- 1 Soft-hooded towel
- Olive oil, Coconut oil for baby massage

Diapering

If you are using disposable diapers

- Newborn-size diapers 4 packets
- A waterproof urine mat
- Baby ointment or other barrier cream to prevent rash like Vaseline/Coconut Oil/ Pseudocream
- Disposable baby wipes

If you are using re-usable cloth diapers (icha):

- 8 cloth or re-usable diapers

NOTES



What to pack in a hospital bag during pregnancy?

For the Support Person

- Toiletries
- Glasses or contacts
- Phone and charger
- Extra clothes
- Pillow and blanket
- Snacks
- Water bottle
- Book or magazine
- COVID-19 essentials (mask, face shield)

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