

Hospital Bag: Quantified Checklist for Mother and Baby

Divide your bag into separate kits for documents, mother, and baby. The quantities below are an editorial example for an initial **1–2 day stay**; they are not a medical norm, a mandatory shopping list, or a requirement applicable to all hospitals. The items provided by the facility, length of stay, weather, feeding plan, and number of babies change the needs. Preparing an emergency kit that a close person can bring for additional days may be more practical than filling a large bag.

Documents and easily accessible essentials

	Item	Initial quantity	Note
☐	Identity and required admission documents	1 folder	Ask if referral and insurance documents are needed
☐	Pregnancy records and important test results	1 set	Information requested by the team and birth plan
☐	Medication and allergy list	1 list	Name, dose, last intake; coordinate medications with the team
☐	Phone and charger	1 set	Keep contact numbers separately as well
☐	Glasses or personal assistive device	Needed set	Items you use daily

Final check: prioritize the communication plan, not the bag · Short answer: small main bag and separate emergency kit

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How many of what for the mother?

	Item	Initial quantity	Note
☐	Nightgown	1-2 pieces	Loose, soft; easy to open for feeding
☐	Comfortable daily and going-home outfit	3 changes	Non-constricting size, one for going home
☐	Comfortable underwear	5-6 pieces	Disposable or washable, as suits you
☐	Comfortable bra	2-3 pieces	Nursing-friendly if desired
☐	Postpartum sanitary pads	2 pack	Highly absorbent; check quantity in pack
☐	Slippers and socks	1 pair slippers, 2 pairs socks	Non-slip, comfortable; ask about shower rules
☐	Towel	1-2 pieces	Can be reduced if provided by facility
☐	Hygiene bag	1 small set	Toothbrush, paste, comb, and personal essentials

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Initial kit for the baby

	Item	Initial quantity	Note
☐	Cotton bodysuit	3–4 pieces	Appropriate size, easy to open
☐	Onesie or comfortable baby outfit	3–4 pieces	Spare for soiling
☐	Going-home outfit	1 set	Suitable for weather and transport
☐	Diapers	1 small pack, e.g., 20–24 pieces	Varies by facility provision and stay
☐	Cotton or suitable wet wipes	1 small set	Consistent with facility's cleaning policy
☐	Muslin or soft cloth wipes	2–3 pieces	As needed for cleaning and feeding
☐	Light blanket for travel	1 piece	Suitable for weather, keep face and head uncovered
☐	Hat and socks for going outside	According to weather 1 set	Remove extra layers once indoors

A blanket taken for travel does not mean placing loose blankets, pillows, and toys where the baby sleeps. The baby should sleep on their back, on a firm, flat mattress, in a safe place with their face and head uncovered. Pillows, thick blankets, sleep nests, weighted blankets, and soft crib bumpers are not essential baby items for a hospital bag. Do not over-bundle the baby.

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