DELIVERY BAG PACK LIST

Complete Hospital Bag Checklist for Mom and Baby

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HOW TO USE: Tick each item as you pack. Priority labels are a guide; confirm your own hospital's list because supplies and rules vary.

ESSENTIAL RECOMMENDED OPTIONAL

PACKING TIMELINE: Start gathering items around 28–32 weeks and aim to have the main bag ready around 34–36 weeks, following your clinician's advice.

Important Documents & Hospital Paperwork

☐	Government photo ID for mother Aadhaar or another accepted ID; confirm hospital requirements.	ESSENTIAL
☐	Hospital registration / admission papers	ESSENTIAL
☐	Pregnancy records and antenatal card	ESSENTIAL
☐	Recent ultrasound and scan reports	ESSENTIAL
☐	Blood test reports and blood group details	ESSENTIAL
☐	Prescriptions and current medication list	ESSENTIAL
☐	Health insurance card / policy details If using insurance or cashless admission.	RECOMMENDED
☐	Birth preferences / birth plan Keep flexible; discuss with your maternity team.	RECOMMENDED
☐	Emergency contact list Include your support person and healthcare provider.	ESSENTIAL
☐	Wallet, some cash and payment card	RECOMMENDED
☐	Mother's and partner's phone numbers written on paper Useful if a phone battery runs low.	RECOMMENDED

For Mom — Labour & Birth

☐	Comfortable loose labour gown or front-opening nightdress Check whether the hospital provides a gown.	ESSENTIAL
☐	Loose, breathable change of clothes	ESSENTIAL
☐	Warm socks	RECOMMENDED
☐	Non-slip slippers / sandals	ESSENTIAL
☐	Light dressing gown or shawl	RECOMMENDED
☐	Hair ties / clips Small but easy to forget.	RECOMMENDED
☐	Lip balm A small tube is enough.	RECOMMENDED

☐	Water bottle with easy-open lid or straw Follow staff guidance during labour.	RECOMMENDED
☐	Light snacks / glucose sweets Only if permitted by your maternity team.	OPTIONAL
☐	Massage oil or unscented lotion Check with staff before use.	OPTIONAL
☐	Massage ball / tennis ball For comfort if helpful to you.	OPTIONAL
☐	Eye mask and earplugs Use only when appropriate and safe.	OPTIONAL
☐	Portable fan / hand fan Useful in warm weather if allowed.	OPTIONAL
☐	Birth playlist / headphones	OPTIONAL
☐	Small pillow from home Label it; hospital pillows may be available.	OPTIONAL

For Mom — Postpartum & Personal Care

☐	2–3 comfortable nightdresses or front-opening tops Choose easy access for feeding and checks.	ESSENTIAL
☐	Going-home outfit Loose, comfortable clothing.	ESSENTIAL
☐	Comfortable underwear High-waisted underwear may feel better after a C-section.	ESSENTIAL
☐	Nursing bras, if planning to breastfeed	RECOMMENDED
☐	Breast pads	RECOMMENDED
☐	Maternity / heavy-flow sanitary pads Ask the hospital how many to bring.	ESSENTIAL
☐	Disposable or high-waisted postpartum underwear	RECOMMENDED
☐	Toothbrush and toothpaste	ESSENTIAL
☐	Mild soap / body wash Travel-size bottle.	ESSENTIAL
☐	Shampoo and conditioner Small travel bottles.	OPTIONAL
☐	Hairbrush / comb	ESSENTIAL
☐	Face wash and moisturizer	RECOMMENDED
☐	Deodorant Prefer mild fragrance.	RECOMMENDED

☐	Towel and small face towel Confirm whether the hospital supplies them.	RECOMMENDED
☐	Tissues and wet wipes Choose gentle, unscented products.	RECOMMENDED
☐	Hand sanitiser Use as directed; handwashing is preferred when available.	RECOMMENDED
☐	Glasses, case and solution If you use glasses or contact lenses.	ESSENTIAL
☐	Prescribed medicines in original packaging Tell the care team about every medicine; do not self-dose.	ESSENTIAL
☐	Phone and charging cable	ESSENTIAL
☐	Power bank and wall adapter Check hospital rules for power banks.	RECOMMENDED
☐	Small laundry / used-clothes bags A few sealable bags are useful.	RECOMMENDED
☐	Slippers for bathroom use Non-slip and easy to clean.	RECOMMENDED

For Baby — Clothing & Warmth

☐	2–4 newborn bodysuits / vests Pack a couple of sizes if birth weight is uncertain.	ESSENTIAL
☐	2–4 sleepsuits / footed outfits	ESSENTIAL
☐	Going-home outfit Choose according to weather.	ESSENTIAL
☐	Soft baby cap Use according to room temperature and staff advice.	RECOMMENDED
☐	Newborn socks / booties	RECOMMENDED
☐	Scratch mittens Not needed for every baby; keep hands free when possible.	OPTIONAL
☐	Soft baby blanket / receiving blanket For supervised carrying or warmth; not for loose bedding during sleep.	RECOMMENDED
☐	Muslin cloths / burp cloths (3–6)	RECOMMENDED
☐	Weather-appropriate outer layer	RECOMMENDED
☐	Extra outfit in case of spit-up or leaks	RECOMMENDED
☐	Small soft towel Confirm whether hospital provides baby towels.	OPTIONAL

For Baby — Nappy & Care Essentials

☐	Newborn nappies / diapers Pack a small starter supply; ask the hospital about availability.	ESSENTIAL
☐	Cotton wool or soft disposable wipes Use products suitable for newborn skin.	ESSENTIAL
☐	Nappy-changing mat A foldable waterproof mat.	RECOMMENDED
☐	Barrier cream / nappy cream Use if advised or normally used by your family.	OPTIONAL
☐	Baby wash / cleanser Often not needed for a short stay; follow hospital advice.	OPTIONAL
☐	Baby moisturizer Avoid unnecessary products on newborn skin.	OPTIONAL
☐	Small disposal bags	RECOMMENDED
☐	Baby nail file Do not pack sharp scissors for routine newborn nail care.	OPTIONAL
☐	Baby thermometer Ask your clinician which type to use.	RECOMMENDED
☐	Infant car seat, correctly fitted Choose an age/size-appropriate rear-facing seat and learn the fit before discharge.	ESSENTIAL IF TRAVELLING BY CAR

Feeding & Newborn Support

☐	Breastfeeding-friendly front-opening clothing	RECOMMENDED
☐	Nursing pillow Bulky; use only if it helps and you have space.	OPTIONAL
☐	Burp cloths	RECOMMENDED
☐	Feeding bottles / formula Discuss feeding needs with your care team; do not assume these are required.	ONLY IF PLANNED / ADVISED
☐	Sterilising supplies Usually unnecessary for a short stay if the hospital provides facilities.	OPTIONAL
☐	Written feeding questions / notes Ask staff for hands-on feeding support if needed.	RECOMMENDED

For Birth Partner / Support Person

☐	Change of clothes and underwear	ESSENTIAL
☐	Comfortable footwear	ESSENTIAL
☐	Toothbrush, toothpaste and deodorant	RECOMMENDED
☐	Phone, charger and power bank Check power-bank rules.	ESSENTIAL

☐	Wallet, photo ID and payment method	ESSENTIAL
☐	Water bottle	RECOMMENDED
☐	Snacks / light food Only where permitted.	RECOMMENDED
☐	Regular personal medicines	ESSENTIAL
☐	Notebook and pen For instructions and questions.	OPTIONAL
☐	Light jacket / shawl Hospital rooms can feel cool.	RECOMMENDED
☐	Small pillow or blanket Check visitor / overnight rules.	OPTIONAL
☐	List of people to contact	RECOMMENDED

Optional Comforts, Extras & Last-Minute Items

☐	Small notebook, pen and reading material	OPTIONAL
☐	Camera Check hospital photography rules and respect privacy.	OPTIONAL
☐	Small keepsake / baby announcement item	OPTIONAL
☐	Reusable tote for gifts or extra belongings	OPTIONAL
☐	Laundry bag for soiled clothes	RECOMMENDED
☐	Folder / zip pouch for documents	RECOMMENDED
☐	Extra long charging cable	OPTIONAL
☐	Small amount of cash / coins	RECOMMENDED
☐	Discharge papers and prescriptions Collect and understand before leaving.	ESSENTIAL AT DISCHARGE
☐	Follow-up appointment details	ESSENTIAL AT DISCHARGE
☐	Baby's discharge instructions	ESSENTIAL AT DISCHARGE
☐	Confirm car seat installation / transport home	ESSENTIAL IF TRAVELLING BY CAR

FINAL CHECK BEFORE YOU LEAVE

☐	Admission folder and ID	ESSENTIAL
☐	Phone, charger and power bank (if permitted)	ESSENTIAL
☐	Prescribed medicines and medication list	ESSENTIAL

☐ Glasses / contact lens supplies	ESSENTIAL IF USED
☐ Mother's going-home clothes and footwear	ESSENTIAL
☐ Baby's going-home outfit and nappies	ESSENTIAL
☐ Discharge papers and follow-up plan	ESSENTIAL AT DISCHARGE
☐ Infant car seat fitted correctly, if travelling by car	ESSENTIAL IF TRAVELLING BY CAR
☐ All bags, valuables and personal belongings	RECOMMENDED
☐ Hospital contact number saved	RECOMMENDED

• Hospital rules come first. This is a general planning aid, not a hospital-specific admission list. Some hospitals supply gowns, pads, nappies or toiletries; others ask families to bring them.

• Medicines: Bring your prescribed medicines in their original packaging and tell your maternity team what you take. Do not start, stop or change medicines based on this checklist.

• Newborn sleep: Keep loose blankets, pillows, soft toys and other soft items out of the baby's sleep space. Ask your care team about safe sleep arrangements.

• Feeding: Feeding supplies vary by family and hospital. Ask your maternity team what is needed; formula or bottles are not automatically required for every birth.

• Travel: If travelling by car, use a correctly fitted, age- and size-appropriate child restraint. Practise fitting it before the day of discharge.

• Not medical advice: Birth plans and individual needs differ. Follow the instructions of your obstetrician, midwife and hospital.

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