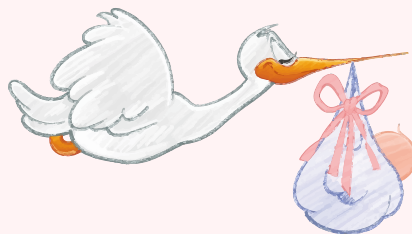


What to Pack *for* Labor

**The Only Hospital Bag
Checklist You'll Actually
Need**

(Nurse & Mom Approved)



Janna, RN
BloomingJ.com

What to Pack *for* Labor

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Packing for the hospital can feel overwhelming, especially with a newborn on the way. I went through this myself — overpacked some things, forgot others — and I don't want you to make the same mistakes.

This checklist is **nurse-approved** and includes the **exact items** I packed for my own hospital bag. It's your **shortcut** to packing confidently without the guesswork.



Janna, RN
BloomingJ.com

Welcome/About

Hi mama! I'm Janna — a nurse, mom, wife and clean-living advocate. I've been where you are, and I know how overwhelming it can feel to pack for the hospital. That's why I created this checklist — based on my own birth and other mama's experiences. My goal is to help you feel ready, calm, and not overpacked. You've got this



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Mom's Hospital Bag Checklist

- ID + Insurance Card
- Birth Plan
- Mom Cozy Nursing Bra, Bra Pads, Button up nightgown or Pajamas - stays comfortable and makes breastfeeding easier
- Toiletries, lip balm, dry shampoo, face wipes, toothbrush, toothpaste, makeup
- Long Phone Charger
- Nipple Balm - this is a lifesaver while learning to breastfeed
- My Brest Friend Nursing Pillow for breastfeeding - a must have for nursing
- Snacks (Fiber) - fruit, nuts, popcorn - keep your energy up, makes it easier in the restroom
- Overall Onesie Going Home Outfit - this is my favorite, easy to slip on and super comfy for the ride home,

Nurse Tip - You'll bleed more than you expect, the hospital should give you high washed mesh underwear. You can also bring your own.

Mom's Hospital Bag Checklist

- Water Bottle - better than plastic
- Socks/Slip on Shoes
- Belly Band Support - keeps everything in place when you're sore and tired

Nurse Tip - You'll bleed more than you expect, the hospital should give you high waisted mesh underwear. You can also bring your own.

For Baby

- Going-home outfit (NB + 0-3M).
- Swaddle/blanket - keeps them warm and perfect for birth pics
- Soft Hat
- Chicco Keyfit Car seat (installed!) - Seriously the best car seat, I used it for both of my babies
- Pacifier (if using)
- Diapers + wipes (optional — hospital usually provides)
- Baby nail file
- Baby Outfits (if you're doing hospital photos)

Nurse Tip - Most hospitals provide basics like diapers, wipes, and hats — but if you prefer specific brands, feel free to bring your own.

Partner's Bag

- Change of Clothes
- Toiletries
- Phone Charger
- Warm Camping Blanket, Pillow, Sleeping Pad - my husband used these the 2nd time, it made sleep alot more comfortable!
- Snacks
- Camera

Nurse Tip - Labor can be long. A well-rested, well-fed partner is a better support person for you.

Extras/ Encouragement

- Thank you treats for Staff
- Ear Buds
- Gift for Siblings



Want my full postpartum recovery checklist? Stay tuned!

Nurse Tip - You're doing great, mama. You don't need everything — you just need to feel supported. This list is designed to keep you calm and confident. I'm cheering you on ❤️