

## Labor and delivery hospital bag

Pack at 36 weeks. *Have it in the car at 38. Adjust for your hospital's specific list.*

### FOR LABOR AND THE HOSPITAL STAY

- Labor and delivery gown (yours; not the hospital's)
- Soft sports bra or wireless bralette
- Comfortable shorts (early labor)
- Slip-on flats
- Robe
- Postpartum nightgown
- Nursing-friendly tops (2)
- Soft cotton mesh underwear OR high-rise briefs (size up, 5+)
- Pads (overnight / postpartum size)
- Toiletries (fragrance-free)
- Lip balm
- Hair tie
- Phone charger with long cord
- Snacks for partner
- Pillow from home

### FOR THE GOING-HOME OUTFIT

- Loose dress OR loose pull-on pants + soft top, 1 size up from pre-pregnancy
- Slip-on flats (avoid heels)
- Cardigan or zip-front jacket
- Going-home outfit for baby (with car seat already installed)

### DOCUMENTS AND LOGISTICS

- Birth preferences sheet (filled in)

Insurance card, ID, hospital pre-registration

Pediatrician contact info

List of who to call after baby is born

*This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.*

By the Inspired Comforts editorial team · [inspiredcomforts.com](https://inspiredcomforts.com)