



# What to pack in your hospital bag

**PREGNANCY: RESOURCES FOR PREGNANT MOM**

**ARTICLE**

**JAN 28, 2021**

**1 MIN**

Time to think about what to pack for your new baby—including that special going-home outfit—and for yourself, as well as what you might need for breastfeeding.



## My hospital bag checklist: What to pack for your baby

- **Check what's available** Ask beforehand about which supplies, if any, your hospital provides for newborns. Depending on the answer, you may need...
- **1-2 packs of diapers** Make sure you have enough supplies for the first couple of days.
- **Baby wipes and cotton balls** Useful during diaper-changing and for quickly wiping up any mess.
- **2-3 bodysuits and 2-3 t-shirts (depending on the weather and season)** Newborns can need changing frequently so pack plenty of spares. You may also want to take a special, photo-friendly outfit for coming home.
- **Hat** To protect your baby's head when you're leaving the hospital.
- **Socks** Essential for keeping baby's feet warm.
- **Baby blanket** You may want to bring a special blanket to wrap your baby in after birth or for the journey home.
- **Baby car seat** Remember to bring this for the trip home from the hospital – it's mandatory in many countries.

**Sources**

US Department of Health and Human Services, Office of Women's Health. Your guide to breastfeeding. January 2011.