

# Hospital Bag Checklist for Delivery

Essential Items Every Indian Parent Should Carry

## For the Mother

- |   |
|---|
| ■ Front-open maternity nightgowns (2–3)       |
| ■ Nursing bras                                |
| ■ Disposable maternity underwear              |
| ■ Postpartum maternity pads                   |
| ■ Toiletries (toothbrush, face wash, shampoo) |
| ■ Slippers or flip-flops                      |
| ■ Light shawl or dupatta                      |

## For the Newborn

- |                                     |
|-------------------------------------|
| ■ Newborn cotton clothes (3–4 sets) |
| ■ Mittens and socks                 |
| ■ Newborn cap                       |
| ■ Swaddle or baby blanket           |
| ■ Newborn diapers                   |
| ■ Unscented baby wipes              |
| ■ Diaper rash cream                 |

## For the Father / Birth Partner

- |                                |
|--------------------------------|
| ■ Change of clothes            |
| ■ Phone charger and power bank |
| ■ Reusable water bottle        |
| ■ Snacks                       |
| ■ Cash and ID                  |

## Important Documents

- |                      |
|----------------------|
| ■ Aadhaar / ID proof |
|----------------------|

- |                             |
|-----------------------------|
| ■ Insurance documents       |
| ■ Hospital admission file   |
| ■ Medical reports and scans |

## Optional but Helpful

- |                             |
|-----------------------------|
| ■ Feeding or nursing pillow |
| ■ Disposable breast pads    |
| ■ Extra pillow from home    |
| ■ Camera or phone stand     |