

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