The Hospital Bag Checklist

For you, baby & your support person — from the friends of Queebi Land



Tip: Many parents pack around week 35–36. Call ahead — most hospitals supply pads, mesh underwear, diapers & wipes.



For You

- [ ] Photo ID, insurance card & any pre-registration papers
- [ ] Birth plan (a few printed copies)
- [ ] Phone + an extra-long charging cable
- [ ] Robe or loose, dark nightgown
- [ ] Non-slip socks or slippers
- [ ] Nursing bras (2–3), breast pads & nipple cream
- [ ] High-waisted underwear you don't mind ruining
- [ ] Toiletries: toothbrush, lip balm, dry shampoo, hair ties
- [ ] Glasses or contacts & case
- [ ] Eye mask & earplugs
- [ ] Loose, comfy going-home outfit
- [ ] Snacks & a big water bottle with a straw
- [ ] Your own pillow (in a colorful pillowcase)



Handy Extras

- [ ] Pediatrician's name & phone number
- [ ] List of your medications & allergies
- [ ] Nursing pillow (optional)
- [ ] Breast pump, if you plan to pump (ask if the hospital has one)
- [ ] A small treat or thank-you note for the nurses



For Baby

- [ ] Rear-facing infant car seat — installed before your due date
- [ ] Going-home outfit in two sizes (newborn & 0–3M)
- [ ] 2–3 footed sleepers or onesies
- [ ] Hat, socks & scratch mittens
- [ ] Light blanket to tuck over the buckled harness (never under it)
- [ ] Burp cloths (2–3)
- [ ] A few diapers & wipes for the ride home
- [ ] Pacifier, if you plan to use one — ask your nurse when to start
- [ ] Baby book for footprints



For Your Support Person

- [ ] Change of clothes & toiletries
- [ ] Phone charger & power bank
- [ ] Snacks, water & a little cash for vending machines
- [ ] Pillow & a light blanket
- [ ] List of who to call or text with the news
- [ ] Camera, if you want more than phone photos

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Page 2 — the extras, the to-dos, and one very important reminder



Before You Go — by Week 36

- [ ] Install the car seat & get it checked by a certified tech
- [ ] Pre-register at your hospital or birth center
- [ ] Choose a pediatrician
- [ ] Save the labor & delivery phone number
- [ ] Plan your route, parking & a backup driver
- [ ] Arrange care for pets or older siblings
- [ ] Stock the freezer with a few easy meals

Numbers to Keep Handy

Due date

Hospital / birth center

Labor & delivery line

Doctor or midwife

Pediatrician

Backup driver

Pet / sibling care

Safe sleep, from night one: A · B · C

Babies sleep Alone, on their Back, in a Crib or bassinet with a firm, flat mattress and a fitted sheet — and nothing else. No blankets, pillows, bumpers or plush toys (that includes PaciBuddy). Room-sharing without bed-sharing is recommended by the American Academy of Pediatrics.



Packing a bag for someone you love?

Tuck in a PaciBuddy: a soft plush friend with a universal pacifier adapter (fits most pacifier brands), in six gender-neutral Queebi Land characters. Made for awake, cuddle-in-your-arms moments — and a sweet way to say “welcome to the world.”

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