



fertilia

Hospital Bag Checklist:

What to Pack for Delivery



Hello and Welcome!

You've likely spent months eagerly anticipating the moment you finally get to meet your baby—and you've put in plenty of effort to prepare. From stocking up on baby essentials and decorating the nursery to learning how to properly install the infant car seat, you've checked off many important tasks. But don't overlook one of the key third-trimester to-dos: packing your hospital bag. Wondering where to begin? While it's important to include the essentials, there's no need to go overboard. That's where Fertilia's hospital bag checklist can be a lifesaver. Keep reading to find out when to pack your hospital bag and exactly what to include.

WHEN TO PACK Hospital Bag ?

It's generally recommended to have your hospital bag packed by week 36 or 37 of pregnancy, which is roughly four weeks before your due date. This timeline ensures that you're well-prepared and won't have to scramble to gather essentials in case your baby decides to make an early appearance. Labor can sometimes start unexpectedly, and having everything ready to go can bring a sense of calm and control during this exciting time.

For those who may be at risk of preterm labor or expecting multiples, it's wise to pack your hospital bag even earlier—by week 32 to 34. Babies arriving ahead of schedule can be more common in these situations, so being proactive can help reduce stress and ensure you have everything you need for yourself and your little one.

Whether you're planning for a natural delivery, a scheduled C-section, or are simply unsure how things will unfold, having your hospital bag packed early is one less thing to worry about. Place it somewhere accessible, like by the front door or in your car, so it's ready to grab when the big moment arrives.

Hospital Bag Checklist for Delivery

For the Mother

- 2-3 front-open nightgowns or kurtas (easy for breastfeeding).
- Comfortable slippers and socks.
- Cotton underwear (a few extra pairs).
- A going-home outfit (loose and comfortable).
- Toothbrush and toothpaste.
- Face wash, moisturizer, and lip balm.
- Comb, hair ties, and hairbrush.
- Soap, shampoo sachets, and a towel.
- ID proof (Aadhaar card, PAN card, or any government ID).
- Pregnancy medical records and test reports.
- Health insurance details, if applicable.
- Small pillow or cushion for extra support.
- Water bottle.
- Healthy snacks like dry fruits, biscuits, and glucose drinks.
- Mobile phone, charger, and power bank.
- A small hot water bag for postpartum cramps.

Hospital Bag Checklist for Delivery

For the Baby

- 4-5 sets of cotton clothes or jhablas.
- Soft caps, mittens, and booties.
- Swaddling blankets or wraps
- A warm sweater or jacket (if it's winter)
- Newborn diapers
- Cotton cloth for cleaning (soft and gentle).
- Baby wipes (unscented and alcohol-free).
- Baby towels and burp cloths.
- Sterilized feeding bottle (if needed).
- Pregnancy medical records and test reports.
- Baby blanket for warmth.
- Baby oil, lotion, and soap (mild and natural).

Packing your hospital bag ahead of time is one of the most important steps in preparing for your baby's arrival. By ensuring you have everything you need—both for yourself and your little one—you can focus on the excitement of welcoming your new family member rather than worrying about last-minute packing. This checklist, ensures you're well-prepared and comfortable throughout your hospital stay. Place your bag in an accessible spot, and you'll be ready to head out when it's time for the big day. Wishing you a safe and joyful delivery!
