

HOSPITAL BAG CHECKLIST



For Mommy

Documents & Essentials

- ☐ Valid ID
- ☐ Hospital documents
- ☐ PhilHealth forms
- ☐ Phone and long charging cable
- ☐ Mommy Book (prenatal checkups, labs, ultrasounds)
- ☐ Cash or Debit/ Credit Cards



Postpartum Recovery

- ☐ Binder (for CS moms – ask OB for recommendation)
- ☐ Adult diapers or maternity pads

Toiletries & Personal Care

- ☐ Toothbrush
- ☐ Feminine wash
- ☐ Deodorant
- ☐ Wet wipes
- ☐ Hair tie
- ☐ Alcohol
- ☐ Cotton
- ☐ Betadine and gauze (for CS moms)



Clothing & Comfort

- ☐ Nursing-friendly button-downs or loose tops
- ☐ Dark underwear
- ☐ Nursing bra or soft bralette
- ☐ Socks

Bath & Sleeping

- ☐ Towel
- ☐ Extra pillow
- ☐ Face towel
- ☐ Slippers



Feeding & Hydration

- ☐ Drinking cup with a straw
- ☐ Snacks

For Baby

- ☐ 3–4 outfits (label by day if preferred)
- ☐ Bonnet and mittens
- ☐ Receiving blanket or swaddle
- ☐ Wipes
- ☐ Baby Wash and Shampoo
- ☐ Alcohol and gauze for cord care
- ☐ Diapers

