



THE HOSPITAL CHECKLIST



HOSPITAL CHECKLIST

These are items that you might need before, during and after giving birth.
PACKING TIP: GROUP ITEMS TOGETHER ACCORDING TO USE & PUT LABELS.

LABOR KIT

- Items you might need at the Labor room & Delivery room.

<input type="checkbox"/> Comfortable slippers	<input type="checkbox"/> Face Mask	*Bring small bottles of these if hospital will allow.
<input type="checkbox"/> Tissue Paper	<input type="checkbox"/> Alcohol Spray*	
<input type="checkbox"/> Bottle of Water	<input type="checkbox"/> Liquid Hand Soap*	
<input type="checkbox"/> Lip Balm	<input type="checkbox"/> Mouthwash*	
<input type="checkbox"/> Crackers/Candy	<input type="checkbox"/> Feminine wash*	
<input type="checkbox"/> Face Towel	<input type="checkbox"/> Reading Material/Phone (Optional)	

PERSONAL CARE

- Underpads (3)
- Maternity napkins (5)
- Extra blanket*
- Extra towel*
- Hair tie/clip
- Hairbrush/Comb
- Warm/Cold Pack
- Breast pads
- Breastfeeding pillow
- Nipple balm (optional)
- Eyeglass/contacts
(if needed)

* If these are allowed in the hospital of choice.

CLOTHING

- Night gown (3)
- Panties (5)
- Bath robe
- Nursing bra (3)
- Socks (3)
- Cardigan
- Nursing cover
- Binder (if CS if planned)
- Going home outfit

TOILETRIES

- Toothbrush
- Toothpaste
- Shampoo
- Conditioner
- Body Wash
- Deodorant
- Facial wash
- Moisturizer/Skin care
- Make-up/Cosmetics
- Wash cloth

HOSPITAL CHECKLIST

These are items that you might need to help the mother during and after delivery.
 PACKING TIP: GROUP ITEMS TOGETHER ACCORDING TO USE & PUT LABELS.



• Things that you might need upon admission at the hospital.

- Insurance Papers
- Philhealth Membership
- Valid ID Cards
- Mother's Medical Records
- COVID-19 Test Results
- Marriage Certificate
- COVID-19 Vaccine Card
- Baby Record Book
- Notebook/Notes & Pens
- Petty Cash/Credit Card

PERSONAL CARE

- Toothbrush
- Toothpaste
- Shampoo
- Conditioner
- Body Wash/Soap
- Facial Wash
- Bath Towel*
- Razor/Shaving cream
- Comb
- Hair gel/wax
- Extra Pillow*
- Extra Blanket*

* If these are allowed in the hospital of choice.

CLOTHING

- Tops (3)
- Shorts/pants (3)
- Underwear (3)
- Socks (3)
- Jacket (1)
- Comfortable Slippers

GADGETS

- Phone
- Chargers
- Extension Cord*
- Camera (Optional)
- Reading Material, Tablet/Laptop, etc*
- Hair Dryer*

OTHERS

- Face Masks
- Face Shield
- Hand Soap
- Alcohol Spray
- Paper Towels
- Dishwashing liquid
- Paper Plates
- Spoon and fork
- Electric kettle*
- Easy-to-eat food
- Bottled Water/Drinks
- Laundry Bag
- Maintenance Medicine (If needed)

HOSPITAL CHECKLIST

These are items that the baby will need after he/she is born.
 PACKING TIP: GROUP ITEMS TOGETHER ACCORDING TO USE & PUT LABELS.

DELIVERY SET

- Things that the baby will need at the delivery & recovery room.

<ul style="list-style-type: none"> ■ 1 set of Baby Clothes ■ 1 Newborn Diaper ■ 1 Baby Swaddle ■ 1 pair of Mittens 	<ul style="list-style-type: none"> ■ 1 Bonnet ■ 1 pair of Socks/Booties
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TIP: Baby clothes that have side-snaps or side-ties are more convenient to use.

CLOTHING

- Pajama sets (x5)
- Onesies (3)
- Side snaps (3)
- Socks (5)
- Receiving blankets (5)
- Bonnets (3)
- Mittens (3)
- Burp Cloths (5)
- Towels
- Going Home Outfit

TOILETRIES

- Cotton
- NB Diapers (2 packs)
- Rash cream
- Unscented wipes
- Baby Soap/Wash

OTHERS

- Pre-installed carseat
- Diaper Changing mat
- Milestone Cards/
Photo Props (Optional)

TIPS

Newborns DON'T NEED:

- ✘ Milk formula*
- ✘ Belly Binders
- ✘ Sleeping pillows
- ✘ Toys
- ✘ Pacifiers
- ✘ Jewelry

* At birth and during the first few days of life, newborn babies only need a minimal amount of milk (5-20ml per feeding). Early and exclusive latching on the mother's breast within the first few days of life is important in increasing the mother's milk supply to meet the baby's needs.