

Hospital bag for mom

Use this as a starting list. Ask your own maternity unit about supplies, feeding and admissions rules.

☐ **Documents**

Birth plan, maternity notes and required identification

☐ **Comfort**

Loose clothes, nightwear, slippers and shower footwear

☐ **After birth**

Maternity pads, underwear and comfortable bras

☐ **Toiletries**

Toothbrush, toiletries, hair ties and lip balm

☐ **Everyday needs**

Phone charger, glasses, water bottle and snacks

☐ **Medicines**

Bring current medicines and discuss how to store/use them with the care team

Local policies differ: Supplies vary by unit. Hull explicitly asks formula-feeding families to bring sealed ready-made starter packs; this is a local policy, not a universal requirement. Ask your own maternity unit.

Source: NHS Best Start in Life; Hull University Teaching Hospitals maternity guidance. Checked 2026-09-30.

Full source links: <https://babydayplan.com/hospital-bag/mom/>

Independent planning guide; not medical advice. Follow your care team.