

THE ULTIMATE SURROGATE HOSPITAL BAG CHECKLIST



ARE YOU ALL SET UP FOR THE BIG DAY?

YOUR DELIVERY DATE MIGHT ARRIVE EARLIER THAN EXPECTED, SO ITS WORTH HAVING YOUR HOSPITAL BAG ORGANIZED AND PACKED BY MONTH EIGHT OF YOUR PREGNANCY, JUST IN CASE.

THIS CHECKLIST WILL HELP YOU PREPARE EVERYTHING YOU'LL NEED.

ONCE YOUR BAGS ARE PACKED, KEEP THEM HANDY EITHER IN THE CAR OR NEAR YOUR DOOR SO THAT WHEN THE TIME COMES, YOU ARE ALL SET TO GO AT A MOMENT'S NOTICE!

Hospital paperwork, ID, and insurance card

Hospitals require your ID, any medical cards, and insurance documents up front, so make sure you have the originals or a copy of these available.

Birth plan (if you have one)

You might have discussed your birth plan with your medical team, but having a few copies printed and available or doctors and nurses means that everyone can refer to it in case last-minute questions arise.

Bathrobe

A soft bath robe is useful for pacing around during labor, or afterward, if you spend sometime in the hospital.

Socks

Your feet may get cold during labor

Slippers and flip-flops

You'll want slippers that are comfortable and easy to slip in and out of to wear as you walk around the hospital. Pack some flip-flops for using in the shower.

Lip balm



Your lips can get chapped during labor. Having some lip balm on hand will help keep your lips hydrated and comfortable.

Body lotion or massage oil

Some find a little massage during labor relaxing. If this could be you, pop some lotion or oil in your hospital bag.

Water spray and sponge

During labor, if you start to feel hot, it can help to spray some water on your face and neck, or to sponge some cool water on your forehead.

Comfortable pillow(s)

Your hospital will provide you with pillows, but they might not be the right kind for you. If you have a favorite pillow at home, then you may want to bring it along as well.

Relaxing entertainment

Pack some things to help you keep yourself relaxed and entertained such as books, magazines, tablet, movies, music, etc.

Eye mask and earplugs

To help you get rest during downtimes of labor or for your well-deserved rest/nap after delivery.

Nightgown

You'll need something comfortable to sleep in during your hospital stay, a loose soft nightgown is a good option.

Heavy-duty maternity pads

The hospital will provide some of these, but you may want to pack a few heavy-duty maternity pads, just in case. It's normal to bleed a lot after birth and maternity pads are softer and more absorbent than standard pads often provided by the hospital.

Comfortable Underwear/Bras

Pack several pairs of comfortable underwear and bras.

Toiletries

Tissues, hairbrush, comb, deodorant, toothbrush, shampoo, conditioner, hairdryer, hair clips, hair ties, etc.

Cosmetic and skin care products



Makeup bag (if it's part of your routine), and moisturizer (a lot of it) as your skin may feel drier than usual.

Clothes

You might need to take some comfortable clothes to wear during your stay at the hospital and don't forget to pack the extra outfit you will wear to go home.

Phone and charger

Don't forget your phone and charger to stay in touch with your loved ones, your Agency and your Intended Parents during this special time!

Snacks and drinks/water

Labor can sometimes be long, consider packing some of your favorite snacks and drinks.

HOSPITAL BAG ESSENTIALS FOR THE BIRTH PARTNER

Snacks and water

Labor can be thirsty work even for supportive partners. Consider packing snacks and water.

Phone, charger and camera

Phone for entertainment and to keep in touch with your loved ones, surrogacy agency and Intended Parents! A camera can come in handy if pictures are allowed (don't forget the memory card and charger).

Clothes

Labor is unpredictable, therefore taking a few change of clothes is a good idea!

Toiletries

After a long labor, you might need to freshen up with a shower. Most hospitals will allow this, however, confirm with the medical team.

Pillow

You might appreciate getting some rest during down times as well.

Entertainment

Phone, book, tablet, magazine, music player, etc.