

Hospital Bag Checklist

This posts may contain affiliate links. Read my full disclosure [here](#).

Baby

- ~15 newborn diapers (1 diaper for every 2-3 hours)
- 1 pack of baby wipes
- 3-4 sets of clothes: one for [after delivery](#), another when leaving the hospital to head home, 1-2 extra for spit up &/or blow out back ups
- 1 [muslin-type baby blanket](#) to swaddle
- 1 [warm blanket](#)
- 1-2 [baby beanies](#)
- 1-2 pair of socks or [booties](#)
- 1 pair of [mittens](#) (Optional: Velcro straps ideal so they don't fall off)
- 1-2 [burp cloths](#)
- 2 pre-cleaned, sterilized pacifiers (Optional: If you plan on using them)
- [Boppy](#) or breastfeeding pillow (Optional: Personal preference)
- Folder (Optional: To keep important documents in one easy-to-find, safe spot)

-
-
-
-
-
-
-
-
-
-
-
-
-
-
-

In a separate gallon ziploc bag have these ready which will be given to a nurse upon entry to the delivery room. It's pretty minimal to really encourage skin-to-skin contact.

- 1 newborn diaper
- 1 baby beanie
- Warm blanket to be swaddled in

Hospital Bag Checklist

This posts may contain affiliate links. Read my full disclosure [here](#).

Mom

- Cédula de ciudadanía, cédula de extranjería, or passport
- 1-2 nursing bras
- 2 [nurse friendly](#) tops
- 1-2 comfortable loose fitting bottoms
- 1 comfortable button-up sweater or zip-up hoodie
- 1 outfit to go home in (Optional: If you want something special to go home in)
- 1-2 pairs of comfortable socks
- 1 pair of shower shoes
- 1 pair of [comfortable shoes](#) like sandals/slippers
- 2 [comfortable panties](#) (No thongs. Something that can be worn with pads.)
- 1 [nurse friendly pajamas](#)
- Body towel
- Wash cloth
- Robe (Optional: Pending on how cozy you want to be post-delivery)
- Toiletries (Shampoo, conditioner, body wash, face wash, toothbrush, etc)
- Makeup (Optional)
- Phone charger
-
-
-
-
-

In a separate gallon ziploc bag have these ready which will be given to a nurse upon entry to the delivery room:

- 1 postpartum diaper &/or 1 super absorbent pad
- The bottle of stool softener

Hospital Bag Checklist

This posts may contain affiliate links. Read my full disclosure [here](#).

Mom - Post Partum Care**

Whether you deliver vaginally or cesarean:

- 1 [Belly band](#) (Optional, but would strongly recommend. [Benefits here](#))
- 1 Bottle [stool softener](#)
- 1 [Perinatal or peri bottle](#)
- 12-15 [Depends/Postpartum Underwear](#)
- 8-10 Heavy, super absorbent pads
-
-
-
-

Vaginal delivery: *

- 1 [Dermoplast - Pain, Burn, & Itch Relief](#) spray
- 1 [Hemorrhoid ointment](#) cream
- 5-6 [Perineal cold pack](#) (Alternatives available. I found these most effective.)
- 1 case [Tucks Medicated Pads](#)
-
-
-
-

Cesarean delivery:

- 1 [Silicone scar sheets](#)
- 1 [Frida Mom C-section band](#) (Optional: Some prefer it over the belly band)
-
-
-
-

**I deferred to the same products I used in the USA after my first. Some are available for delivery via Amazon. If not, shipping couriers can help you with products you can't find here in Colombia.

Hospital Bag Checklist

This posts may contain affiliate links. Read my full disclosure [here](#).

Dad/Partner/Support Person

- Cédula de ciudadanía, cédula de extranjería, or passport
- 1 pair of PJs
- 1 pillow
- 1 pair of comfortable shoes
- 1 change of clothes
- Toiletries
- Bathing suit incase Mom wants to shower while laboring and that's something your hospital supports
- Portable speaker with pre-selected and downloaded playlist - if your doctor/hospital permits
- 300.000 COP cash for parking, buying snacks from the general store, lunch or dinner at the cafeteria
- Phone charger
-
-
-
-
-