

Maternity Kit Checklist

When you're expecting a baby or caring for a newborn, being prepared for an emergency can bring valuable peace of mind. Taking time to put together a maternity emergency kit now can help ensure you have the supplies you and your baby may need during an evacuation, power outage, severe weather event, or other unexpected disruption.

Along with basic emergency essentials such as water, nonperishable food, weather radio, flashlights, and a first aid kit, consider including items that support pregnancy, postpartum recovery, and infant care. Having these supplies readily available can help you focus on what matters most—keeping yourself and your baby safe and comfortable.

Store your kit in an easy-to-carry backpack, duffel bag, suitcase, or storage container that can be grabbed quickly if you need to leave home. You may also want to keep smaller kits in your vehicle or other locations you frequent. The goal is to make sure important supplies are always within reach when you need them.

As your pregnancy progresses and your baby's needs change, remember to review and update your kit regularly. Replace expired items, check batteries, update medical information, and adjust supplies to reflect your family's current needs.

This checklist is designed to help pregnant individuals, new parents, and caregivers think through the supplies that may be most important during an emergency. Use it as a starting point and customize your kit based on your stage of pregnancy, your baby's age, your household's needs, and your budget.

Learn more at NorthTexasPrepares.
<https://NorthTexasPrepares.nctcog.org>



Prepare Today. Ready Tomorrow.

Maternity Kit Checklist

Choose what makes sense for YOU and where to keep it!

Under Bed?	Go-Bag?	Home?	Work?	Car?	Items
☐	☐	☐	☐	☐	Belly Band
☐	☐	☐	☐	☐	Belly Cream
☐	☐	☐	☐	☐	Body Pillow
☐	☐	☐	☐	☐	Breast pump
☐	☐	☐	☐	☐	Calcium Chews
☐	☐	☐	☐	☐	Chocolate
☐	☐	☐	☐	☐	Ginger Ale/Ginger Tea
☐	☐	☐	☐	☐	Ginger Drops
☐	☐	☐	☐	☐	ID, insurance cards, medical records (prenatal info, birth plan)
☐	☐	☐	☐	☐	Lip Balm/ Hand Lotion
☐	☐	☐	☐	☐	Long Tanks
☐	☐	☐	☐	☐	Maternity pads / adult diapers/ Peri Bottle
☐	☐	☐	☐	☐	Pain relief meds (as advised by doctor)
☐	☐	☐	☐	☐	Parenting Books/ Magazines
☐	☐	☐	☐	☐	Pocket Pillows
☐	☐	☐	☐	☐	Prenatal Vitamins
☐	☐	☐	☐	☐	Ready-to-feed formula (great for emergencies)
☐	☐	☐	☐	☐	Relaxation aids (essential oils, stress ball, etc.)
☐	☐	☐	☐	☐	Saltine Crackers/ Salty Snacks
☐	☐	☐	☐	☐	Sea Bands
☐	☐	☐	☐	☐	Sleep Masks
☐	☐	☐	☐	☐	Tums/ Heart Burn Remedy
☐	☐	☐	☐	☐	Water/ Gatorade/ Electrolyte packets
☐	☐	☐	☐	☐	2-3 loose, comfortable outfits (nursing-friendly if applicable)
☐	☐	☐	☐	☐	Special needs items: _____
☐	☐	☐	☐	☐	Personal Items:_____
☐	☐	☐	☐	☐	Personal Items:_____