Hospital bag checklist Malaysia: what mum, baby and your partner need

The document folder: keep it on top

Pack identification and paperwork together, somewhere you can reach without unpacking the rest of the bag. Pantai's admission guide lists an admission letter, patient identification (NRIC for a Malaysian patient or passport for a foreign patient), a valid insurance card for insured patients, and a guarantee letter for patients with corporate insurance coverage. Sunway's maternity page lists an appointment card or doctor's letter of admission.

- Appointment card or doctor's letter of admission
- NRIC or passport
- Insurance card, if you are covered
- Guarantee letter, if your coverage is corporate
- Your antenatal record book
- Pantai Hospital Kuala Lumpur admission guide

Mum's bag: clothes and personal items

Sunway's maternity page lists own clothes, a nursing brassiere, toiletries and non-slip footwear. Pantai's general admission guide separately lists night attire or light comfortable clothing, a pair of non-slip slippers, a towel, extra toiletries and reading materials. Pack for Malaysia's humidity: lightweight, breathable fabric dries faster if your hospital stay runs longer than planned.

Keep a small pouch for things that go missing easily, such as a phone charger or hair ties, separate from the main clothing pile.

- Own clothes for your stay, plus a going-home outfit
- Nursing brassiere
- Non-slip footwear or slippers
- Toiletries and a towel
- Phone charger and reading material

Baby's bag: check first, then label

Sunway's maternity page lists two sets of baby's clothes, a baby wrapper, and baby's booties and mittens. Treat this as one hospital's published list, not a rule for every ward; confirm with your own hospital what it supplies before you pack duplicates. Label the going-home outfit separately so it is not mixed up with clothes used during the stay.

- 2 sets of baby clothes (per Sunway's list; confirm with your own hospital)
- Baby wrapper or swaddle
- Booties and mittens
- A labelled going-home outfit
- Sunway Medical Centre maternity admission checklist

Partner's bag and the paperwork outside the ward

Your partner's bag is mostly logistics: a change of clothes, snacks, a phone charger, and small change or a parking app for the hospital car park. Confirm your hospital's companion and overnight-stay rules directly with the ward; these vary by hospital and are not covered by either source in this guide.

Before you leave, ask the hospital how birth registration works for babies born there, and follow the National Registration Department (JPN) instructions. This guide only points to it as a reminder; it is not a registration guide.

- Change of clothes and toiletries
- Phone charger and portable battery

- Snacks and water
- Parking arrangements or a parking app
- A reminder to ask about birth registration before you leave

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RESEARCH NOTES

Sources & checking

Dates record the page check, not a guarantee of current conditions. A limited-access note means the complete details could not be verified.

- Sunway Medical Centre: maternity admission checklist (https://www.sunwaymedical.com/en/maternity)
  2026-10-28
  Appointment card / doctor's letter of admission; own clothes; nursing brassiere; toiletries; non-slip footwear; 2 sets of baby's clothes; baby wrapper; baby's booties and mittens.

- Pantai Hospital Kuala Lumpur: admission guide (https://www.pantai.com.my/kuala-lumpur/admission-guide)
  2026-10-28
  General admission guide, not maternity-specific. Admission letter; patient identification (NRIC or passport); valid insurance card; guarantee letter for corporate insurance; night attire; non-slip slippers; towel; extra toiletries; reading materials.

- JPJ: Child Restraint System (CRS) (https://www.jpj.gov.my/en/child-restraint-system-crs/)
  2026-10-28
  Child restraint required for the ride home; see our car seat law guide for the full rule.

Planning suggestions are editorial starting points to adapt; no outcome or suitability is guaranteed.