

HOSPITAL BAG

or Birthing Center

CHECKLIST

For Labor

- birth plan and maternity notes
- IDs, insurance cards and information
- dressing gown or robe
- non-skid socks or slippers
- comfortable clothes, old nightgown, or big t-shirt to labor in
- cotton bra or swimsuit top for the tub - sports bras are very difficult to remove when wet (for water birth)
- massage & essential oils, DIY massage tools (tennis balls, paint roller, etc.)
- pain/tension relief tools (I'm bringing a comb to squeeze while I'm in pain)
- heating pad (to relax tight muscles)
- lip balm
- snacks, candies, drinks & straws
- book, magazine, iPad
- hairband and/or headband
- pillow (dark pillow case)
- playlist
- camera, video camera, go pro, selfie stick, etc. (CHARGED batteries)
- 4 pre-washed receiving blankets

For Birth Partner

- swimwear (for water birth)
- PERSONAL CARE ITEMS (toiletries)
- change of clothes
- comfortable shoes
- snacks and drinks
- cell phones and chargers
- list of who to call
- pen and notepad

For Baby

- car seat
- going home outfits for baby in two sizes (all in one stretchy outfits are best)
- hat, mittens, socks, and blanket
- diapers (2 sizes), wipes and baby bottom balm

After Baby is Born

- PERSONAL CARE ITEMS: shampoo/conditioner, soap, face wash, flip flops, eyeglasses/contacts, deodorant, toothbrush/toothpaste, makeup & remover clothes, brush/comb
- comfortable outfit to go home in
- depend underwear for women
- breastfeeding notes or handouts
- nursing bra and breast pads
- nursing shirt
- nursing pillow
- night dress or pajamas
- plastic bags for dirty clothes
- throat lozenges

Other