



Birth Bag Checklist

The main thing to bring with you is the knowledge that you are strong, capable, and prepared. You can handle whatever birth brings and this new world of parenthood.

For your labor bag...

- ID, insurance cards, registration forms
- Birth plan/wishlist
- Phone/chargers
- Camera/chargers
- Massage roller/lotion/oil
- Chapstick
- Pillow (with a notable case so it's easy to spot!)
- Photos, positive affirmation cards, flameless candles, oils + diffuser (if allowed), etc...
- Bluetooth speaker
- Your own unique hospital gown or whatever you prefer to labor in
- Attire for tub/shower use in labor
- Bathing suit for support person
- Snacks - for laboring person AND for the support person
- Deck of cards or other entertainment
- Baby book
- Goodies for staff
- Transport kit for encapsulation if using this service

For your suitcase...

- Change of clothes
 - Comfy nightgown/robe
 - Comfy maternity clothes for going home
 - Flip flops/flat shoes/slippers
 - Layers for support person (it can get chilly!)
- Small gift for each sibling
- Self care items
 - Toothbrush + toothpaste
 - Deodorant
 - Contact lens case + solution
 - Glasses
 - Eye covers for sleep or labor!
 - Eye makeup remover wipes
 - Favorite soaps and shampoo
 - Hairbrush/hair ties
- Feeding Supplies
 - Nursing sleep bras/pads
 - Feeding book
 - Feeding pillow
- For BABY!
 - Car seat
 - Coming home outfit
 - Outfit or blanket for hospital pictures
 - Extra blanket to match the season