

Pack Your Birth Bag

For Mama

In Labor

- Birth Plan
- Pillow (make sure not a white pillow case)
- Cozy Blanket
- Loose Skirt or Nightgown (if you prefer not to use hospital gown)
- Hair Bands
- Chapstick
- Robe
- Aromatherapy Labor Blends
- Massage Tool
- Labor Music

Postpartum

- PJ's & Comfy Clothes
- Sleep Nursing Bra
- Cosmetics
- Shampoo
- Toothbrush & Paste
- Deodorant
- Slippers or Socks
- Nipple Cream
- Going Home Outfit (think 4 months pregnant)
- Insurance Card

For Partner

- Pillow (trust me you will sleep so much better!)
- Cozy Blanket
- Comfy Shoes
- Comfy Clothes
- Phone & Charger
- Camera & Charger
- Video Camera/Tripod
- Toothbrush & Paste
- Deodorant
- PJ's

Labor Food

- Coconut Water (the best electrolyte replacement)
- Granola/Protein Bars
- Fruit Snacks
- Gum
- Mints
- Fresh Fruit
- Snacks for Partner
- Vending Machine \$



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For Baby

- Special Blanket
- Your Baby Book
- Organic Baby Shampoo/Soap (if you prefer)
- Coconut Oil (put on baby's bum to help meconium wipe off easier - it's sticky!)
- Going Home Outfit
- Car Seat
- Lots of Snuggles, Patience & Love

Baby-is-Here Call List
