



# BIRTH BAG PACKING LIST

## Mom:

- ☐ Snacks (protein, salty, sweet)
  - ☐ Water bottle
  - ☐ Birthing gown/robe
  - ☐ Swimsuit top or extra bra (with clasps or zipper so you don't have to pull it over your head)
  - ☐ Nursing bras
  - ☐ Breast pads
  - ☐ Nipple cream
  - ☐ Comfortable clothes after birth
  - ☐ Slippers and/or comfortable socks
  - ☐ Any other items from your postpartum kit
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## Dad:

- ☐ Snacks
- ☐ Water bottle
- ☐ Camera
- ☐ Extra long phone charging cord
- ☐ Comfortable clothes
- ☐ Swimsuit (for labor support in tub)
- ☐ List of who to update during labor or after birth
- ☐ Gift or note for nurses
- ☐ Full tank of gas in the car
- ☐ Pillow/blanket



# BIRTH BAG PACKING LIST

## Labor & Birth:

- ☐ Birth Plan
- ☐ ID & insurance card
- ☐ Comfort items:
- ☐ Music playlist (including birth affirmations and hypnosis, visualization, and relaxation tracks)
- ☐ Essential oils (with cotton balls for limited diffusion)
- ☐ Heating pad
- ☐ TENS unit
- ☐ Birth affirmation cards
- ☐ Honey sticks or electrolyte drink (for increased energy)
- ☐ Portable fan

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## Baby:

- ☐ Carseat
- ☐ Going home outfit
- ☐ Swaddle blanket
- ☐ Hat

## Toiletries:

- ☐ Toothbrush & toothpaste
- ☐ Chapstick
- ☐ Deodorant
- ☐ Shampoo & conditioner
- ☐ Bodywash
- ☐ Facewash
- ☐ Brush
- ☐ Hair elastics
- ☐ Glasses/contacts