



BIRTH BAG CHECKLIST

PREPARE BY 37 WEEKS

FOR YOU:

- HOSPITAL PAPERWORK
- ID & INSURANCE CARDS
- BIRTH PLAN
- BIRTH GOWN / ROBE
(IF WANTING TO BRING YOUR OWN!)
- MASSAGE OIL/COMFORT TOOLS
- LIP BALM
- MEDICATIONS (IF NEEDED)
- COMFORTABLE PILLOWS
AND/OR BLANKETS
- TOOTHBRUSH/TOOTHPASTE
- DEODORANT
- SHAMPOO/CONDITIONER
- HAIRBRUSH & PONYTAIL HOLDERS
- MAKEUP (IF DESIRED)
- 2 CHANGES OF CLOTHES
- NURSING-FRIENDLY PAJAMAS
- NURSING BRA/BREAST PADS
- COMFORTABLE NON-SLIP SLIPPERS
- POSTPARTUM CARE PRODUCTS
(DEPENDS, PERI BOTTLE, TUCKS PADS,
STOOL SOFTENER, IBUPROFEN)
** FRIDAMOM HAS A WONDERFUL KIT!



OTHER ITEMS:

- PHONE/DEVICE CHARGERS
(EXTRA-LONG IF POSSIBLE!)
- BLUETOOTH SPEAKER
(IF WANTING MUSIC OR WHITE NOISE)
- COMFORT ITEMS
(ESSENTIAL OILS, MASSAGE OILS,
FLAMELESS CANDLES, TENS UNIT,
AFFIRMATIONS, HOT/COLD PACKS,
PORTABLE FAN!!)
- LARGE WATER BOTTLES
(UNLESS PROVIDED BY
BIRTHPLACE)
- IMPORTANT CONTACTS LIST
- AFTER EASE TINCTURE
(GREAT FOR AFTERBIRTH PAINS)

FOR BIRTH PARTNER:

- CHANGE OF CLOTHING
- BUTTON-DOWN SHIRT
(FOR SKIN-TO-SKIN WITH BABY)
- PERSONAL HYGEINE PRODUCTS
- MEDICATIONS (IF NEEDED)
- COMFORTABLE PILLOWS
AND/OR BLANKETS
- PHONE CHARGER
- SNACKS/DRINKS



FOR BABY:

- CARSEAT
(INSTALL BASE FIRST!)
- NURSING PILLOW
(IF CHOOSING TO BREAST/CHESTFEED)
** MY BREST FRIEND IS A PERSONAL
FAVORITE!
- PACK IN A DIAPER BAG:
- 1-2 ONESIES, SOCKS
- OUTFIT FOR PHOTOS
(IF TAKING NEWBORN PHOTOS)
- "GOING HOME" OUTFIT
- BABY BOOK
(IF RECORDING STATS & HAND/FOOTPRINTS)
- DIAPERS & BABY WIPES
(UNLESS PROVIDED BY YOUR BIRTHPLACE)
- BREAST PUMP
(IF EXCLUSIVELY PUMPING, OR PLANNING TO USE
TO STIMULATE NATURAL OXYTOCIN DURING LABOR)
- RECEIVING BLANKET / BURP RAGS

TO-DO BEFORE LEAVING:

- EAT A SNACK!!
(CARBS + PROTEIN FOR ENERGY)
- CALL TO UPDATE YOUR BIRTH TEAM
(DOULA, MIDWIFE, SUPPORT PARTNER,
PHOTOGRAPHER, ETC)
- CALL BABYSITTER (IF NEEDED)
- CALL HOUSE SITTER (IF NEEDED)

