



Birth Doula & Lactation Counseling Services

PACKING LIST FOR THE HOSPITAL OR BIRTHING CENTER

It's best to have your bag packed around 37 weeks. You don't want to have to scramble at the last minute and forget something important to you. Remember, packing light is packing right!

*Your birth plan, a photo ID, your insurance card, any hospital/birthing center paperwork you had to fill out beforehand. A pen and a pad to take notes. If you're saving your baby's cord blood, you may need to pack the cord blood kit.

*PJs/T-shirt (2), robe, non slip socks (2), slippers/flip flops. Short sleeve PJs are best and only bring what you don't mind losing to the cause. Clothes that you can layer work wonders. If you plan on breastfeeding, pack PJs that lift up easily or open in the front.

*Things that make you feel good/diversions: a music source with a special playlist for the occasion & a speaker, that special pillow, an eye mask, pictures of special people and/or places, a deck of cards, magazines, a baby care book like What to Expect the First Year, crossword puzzles, coloring book and pens, your cell phone/laptop/iPad, ear buds & chargers so you can keep up with Fb. Your Birthing Ball is a must - you'll be so happy you have it!

*Snacks: hard candies or lollipops, a sports drink with electrolytes, crackers, trail mix/granola or protein bars/fruit/sandwiches, gum/mints, other favorite snacks for your partner, snacks for after the delivery. It's not as easy as you think to find healthy snacks in a hospital in the wee hours of the morning!

*Toiletries: toothbrush, toothpaste, mouthwash, brush, comb, moisturizer, deodorant, hair ties/clips, lip balm, face wash, makeup (whatever will make you feel human again after delivery). The hospital will have soap, shampoo, conditioner and lotion but you may prefer your own brands.

* Cell phone (fully charged) and charger, camcorder and camera both fully charged (check all batteries, bring extra batteries). You don't want to run out of juice! Also don't forget to pack a list of names of all the people that you'll want to call/text/email when you have information to share.

*Going-home outfit: bring a cozy maternity outfit as you won't be fitting in your pre-pregnancy clothes just yet. Several pairs of undies (your own granny panties may be more comfy than those supplied by the hospital) that will support extra absorbent maxi pads - no tampons allowed for a while! If you are breastfeeding, a nursing bra and pads.

*Baby goods and baby outfit: 2 easy to put on outfits, 2 undershirts, a sweater/light fleece jacket, socks or booties, a receiving blanket, a hat. The hospital should supply you with diapers and wipes but it's a good idea to bring a stocked diaper bag. Rear facing infant car seat - you don't have to pack it, but have it ready to go and properly installed in the car.

*Small gifts for the Labor & Delivery staff if you so desire - you will love them when all is said and done. A box of chocolates goes a long way!