

THE ULTIMATE BIRTHBAG CHECKLIST

OUR GUIDE TO STRESS-FREE PACKING

LABOR

Birth plan
Insurance info
Snacks (if allowed)
Birth affirmations
Essential oils (some doulas provide)
Birth ball or peanut
Lip balm
Portable speaker
Water bottle
Notebook/pen
Magazine, tablet, or other entertainment
Brush and ponytail holders
Camera with large memory card
Phone
Phone charger and external battery
Nursing pillow
Sugar-free lozenges
Small soft cooler (If you plan to encapsulate your placenta)

RECOVERY

Pretty robe and slippers
Toiletries
Comfortable pajamas (at least 2 sets)
Flip-flops (for shower)
Nursing bra and pads

PARTNER

Change of clothes
Toiletries
Phone and charger
List of people to call/text
Cash for coffee, snacks

BABY

Going home outfit
Car seat
Receiving blanket
Hat
Pajamas/onsies