

Hospital Bag

PACKING LIST

Bring whatever makes you feel safe, happy, and comfortable for your labor and postpartum stay. The baby doesn't need much, so spend time thinking about what you need!



Clothing for Labor

- 2-3 comfy nursing bras
- Labor gown or an old nightgown
- Socks/slippers (non-skid sole)
- Flip flops
- Lightweight robe
- Partner: swim suit/trunks, flip flops, sweater
- _____
- _____

Personal Care

- Lip balm
- Massage oil
- Mints/gum
- Hairbrush
- Headband/hairtie
- Toothbrush/toothpaste
- Lotion
- Favorite shower supplies
- _____

Postpartum

- 2-3 Clothing changes for you/partner
- Depends
- _____

For Baby

- 2-3 simple outfits
- Blankets
- Diapers (if you prefer your own)
- _____
- _____

Miscellaneous

- 3-4 copies of your birth plan
- Birth affirmation cards
- Phone chargers
- Rebozo/shawl
- Bluetooth speaker
- Diffuser
- Essential oils
- Flameless candles
- Photos of loved ones
- A few curated music playlists
- Camera/video camera
- Snacks/drinks (for you & partner)
- Water bottle
- Haaka pump
- Cooler for the placenta
- Inflatable air mattress for partner
- _____
- _____
- _____