

# BIRTH BAG PACKING LIST

## FOR MAMA

- Printed copies of your birth plan (At least 3)
- Phone charger
- ID & insurance card
- Cozy blanket
- Nursing bra
- Socks
- Robe
- Towels ( the ones at the hospital can be quite small)

## FOR PARTNER

- Clothing for 3-4 days
  - Change of shoes & socks
  - ID, wallet, insurance card and cash/card
  - Phone charger
  - Any perscribed medication
  - Gum & breath mints
  - Pediatrician information
  - Snacks & drinks
  - Hoodie or sweatshirt  
( It gets really cold in the hospital )
  - Swim shorts if you are going to be getting into the showe or tub during labor
  - Pillow - the hospital ones aren't known for being the comfiest
  - Blanket from home
  - Essential Oils
- Comfy clothes - tops that button/zipper for easy access for skin to skin and breastfeeding
  - Anything needed for breastfeeding (nipple cream, pump, etc...)
  - Flip flops, sandals or slippers
  - Going home outfit and shoes
  - Your own gown - or something to wear to labor and birth in ( some people don't like the hospital gowns they can not fully cover the backside and material can be uncomfortable)

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## FOR BABY (IES)

- Receiving blanket
- Onesies
- Burp cloths
- Swaddles
- Going home outfit
- Soap - if you are planning on doing babies first bath at the hospital
- Car Seat installed in car

## TOILETRIES

- Soap & lotion
- Hair accessories - clips, hair ties, brush
- shampoo & conditioner
- Deodorant
- Gum & mints
- Face wash & lotion
- Toothbrush & toothpaste
- glasses
- Contacts, solution
- Daily medications & vitamins

## SNACKS & DRINKS

- Something sweet
- Something salty
- Foods high in protein
- Fresh fruit
- Easy & convenient foods to eat - nuts, dates, fruit snacks, protein bars, fruit, beef jerky etc...
- Candy mints or something sweet to suck on
- Water bottle with straw
- Electrolyte drinks - body armor, gatorade, Liquid IV packets, powerade, etc...
- Coconut water
- Bone broth
- Protein shake/drink