



BIRTH BAG CHECKLIST

Essentials

- __phone & charger
- __glasses or contacts
- __birth plan
- __installed car seat
- __DL & SSN card
- __Insurance card
- __hospital admission forms

Labor Comfort

- __pillow & eye mask
- __birthing gown
- __massage oil
- __tennis ball
- __handheld fan
- __rice sock
- __LED candles
- __music w/ headphones
- __birth ball
- __essential oils & diffuser
- __cotton pads/rounds
- __affirmations

Labor Snacks

- __coconut water
- __protein bars
- __honey sticks
- __fresh fruit
- __broth
- __crackers & cheese
- __yogurt
- __nut butter packets
- __fruit squeeze
- __energy chews/goo

Oh Baby!

- __diapers + Wipes
- __beanie
- __swaddle
- __2-3 outfits
- __nursing pillow
- __olive oil
- __muslin blanket

Other

- _____
- _____
- _____
- _____
- _____

Just for You

- __toothbrush + paste
- __facewash
- __moisturizer
- __deodorant
- __mints & gum
- __robe
- __comfy clothes x2
- __warm socks
- __nursing bra & tanks
- __slippers
- __brush & hair clips
- __chapstick
- __nipple cream
- __shower essentials
- __make up

Extras

- __cash & quarters
- __iPad or laptop
- __camera
- __extra tote bag
- __gift for nurses
- __entertainment
- __clothes for partner
- __postpartum snacks