



Suggested Items For Your Hospital Bag

Mom: Labor

- Two copies of your birth vision/birth plan (one for nurse and one to keep in the room)
- Hair ties and/or clips
- Lip balm
- Birth/exercise ball
- Shoes/flip flops (good tread and easy to slip on and off e.g. slippers or flip flops) and warm socks
- Comfortable pillow in a colored or patterned pillowcase
- Music (e.g. play lists for labor one with mellow music and another with upbeat tunes)
- Snacks (e.g. applesauce, yogurt, bananas, grapes, hard candies, protein/granola bars)
- Drinks (e.g. coconut water, Recharge, Smart Water, Gatorade, electrolyte waters)
- Light robe (old or easy to wash in case it get stained)
- Labor aids (e.g. focal point, aromatherapy oils, massage tools, rice sock)
- Resting aids (e.g. ear plugs, eye covers, own pillow)
- Personal hygiene items (soap, shampoo, brush, contact lenses/glasses, toothbrush and paste, gum/mints, deodorant etc.)

Mom: Postpartum

- Nursing bra and/or tank tops
- Clothing (comfortable nursing/nighttime clothing, easy to wear/remove clothes for going home)
- Food (you will likely be quite hungry!)
- Homeopathic remedies (i.e. Arnica pellets to help with swelling)
- Placenta transportation: a container/Ziploc bag for the placenta, along with a larger insulated container (optional)
- Breastfeeding support pillow (i.e. MyBreastFriend)

Coach/Support Team

- Change(s) of clothing and warm sweater/fleece
- Swim suit/trunks and flip flops/waterproof shoes
- Comfortable shoes for long periods of walking and/or standing
- Food and beverages (snacks, frozen entrees to reheat in a microwave, juice, caffeinated beverages)
- Toiletries
- Cash for vending machines and cafeteria
- Pillow and blanket (optional)

Baby

- Car seat (properly installed in the car)
- Clothing (shirt or onesie and a couple of differently sized going home outfit)
- Olive oil - baby's first poops are sticky & olive oil helps make diaper changing easier during the first few days (optional)
- Toiletries for baby (optional)
- Blanket for covering baby in the car seat

General

- Old towel & plastic bag for mom's ride to the hospital (in case mom's waters break and/or is nauseated)
- Laptop, iPad, and chargers/batteries for these items
- Reading materials and/or movies