

Labor Bag Checklist

Your labor bag should contain essentials and things that will help you feel comfortable during labor.

For Expectant Mom:

- Insurance card
- Eyeglasses (if you need them)
- Loose, comfortable clothes
- Book, magazine, or cards for early labor
- Bathrobe
- Socks & Slippers
- Hair bands, ties or barrettes
- Lip moisturizer
- Snacks
- Tennis ball for backache
- Massage lotion & tools
- Aromatherapy scents
- Sentimental item from home, such as a favorite pillow or blanket
- Focal point, such as an ultrasound or vacation photo
- Music
- Birth plan
- Basic toiletries

For Partner:

- Camera, memory card, and batteries
- Snacks
- Cash for vending machines (do not bring more cash than you'll need, credit cards, or other valuables)
- Mints or chewing gum
- Basic toiletries
- Bathing suit
- Cell phone and charger
- Phone numbers of friends and family
- Ear plugs



Postpartum Bag Checklist

The hospital will provide some essentials, but bring the following items to be safe.

For Mom:

- Nightgown
- More snacks
- Nursing bra
- Breast pads
- Maternity underwear
- Toiletries
- Hairbrush
- Comfortable, loose going-home outfit and shoes

For Baby:

- Infant car seat
- Going-home outfit
- Receiving blanket
- Pair of socks
- Baby book