

Packing Your Bag

If you're birthing at a hospital or birth center: pack one small bag for labor, bringing only things which you find important for your and your support person(s)' comfort. Pack a separate bag for after the birth. The items below are only suggestions—feel free to leave out some items.

For use during labor:

- Your book, print-outs from this web site, and a pen for writing down important memories
- Comfort items for labor, such as massage oil, massage tools (tennis balls, soft drink cans, and rolling pins are great for back massage), hot water bottle or heating pad, birth ball if the birthplace doesn't have one
- Two nightgowns or long T-shirts (if you don't want to wear a hospital gown)
- Sweater or sweatshirt and warm socks
- Swimsuit for partner (so s/he can join you in the shower or bath)
- Hairband, headband, or barrettes (to keep your hair off your face)
- Toothbrushes (for each of you), toothpaste, lip balm (breathing techniques may dry lips)
- Supplies for contact lenses and/or glasses, if needed
- Your favorite juice, tea, or frozen fruit juice bars
- Snacks for you and labor support partner(s)
- Personal comfort items (your own pillow, blanket, photos, stuffed animals, and so on)
- Phone charger
- Phone or tablet with: camera, phone numbers of people to call after the birth, your choice of music (consider using the same playlist you have used for exercise, yoga or relaxation practice), earbuds or speaker

For postpartum stay and bringing baby home:

- Nightgown or pajamas that you can nurse in (you can also use a hospital gown)
- Robe and slippers (again, you can use the hospital's)
- Clothes for partner if s/he will stay overnight with you
- Brush or comb, whatever toiletries are important to you
- Nursing bra
- Clothes for the ride home (usually comfortable maternity clothes)

For your baby

- Cloth diapers and waterproof diaper cover, or a few disposable diapers
- Undershirt or "onesie" (one-piece bodysuit)
- Nightgown or a simple one-piece footed outfit (don't worry about fancy clothes yet)
- Receiving blanket
- Warm blanket and cap (if needed for the ride home)
- Car seat (properly installed in your vehicle before labor)