

BIRTH BAG CHECKLIST

DOCUMENTS & PAPERWORK

- Birth plan
- Copy of insurance & ID
- Registration paperwork
- Important contact numbers
- _____

PREP YOUR PHONE

- Contraction timing app
- Music
- Keep track of questions
- Important contacts
- White noise app
- _____

LABOR

- Birth ball
- Robozo
- Massage oil
- Tennis balls
- Meditations & headphones
- _____

FOOD & DRINKS

- Bottled water
- Hard candy, lozenges, lollipops
- Mints or gum
- Snacks
- Post birth meal
- _____

CLOTHES FOR MOM-TO-BE

- Swimwear
- Underwear
- Nursing or comfortable bra(s)
- Comfortable clothes
- Socks
- Shoes or slippers
- Sandals
- _____
- _____

TOILETRIES

- Medications/Prescriptions
- Shampoo
- Conditioner
- Body wash
- Lotion
- Face wash
- Moisturizer
- Deodorant
- Hairbrush
- Hairdryer
- Hair ties, headbands, hair clips
- Hair care products
- Toothbrush & toothpaste
- Lip balm
- Makeup
- Maxi pads
- _____
- _____
- _____

BABY

- Bodysuits or onesies
- Blanket
- Going home outfit
- Hat(s)
- Mittens
- Diapers & Wipes
- _____
- _____
- _____

BREASTFEEDING

- Nursing bra or tank
- Nursing pads
- Nipple balm or cream
- Nursing pillow
- Breast pump
- _____

YOUR PARTNER

- Toiletries
- Swimwear
- Push present (optional)
- Comfortable change of clothes
- _____
- _____
- _____
- _____

OTHER CHILDREN

- Snacks
- Games & toys
- Gifts (optional)
- _____

MISCELLANEOUS

- Phone charger(s)
- Wallet, cash, change
- Camera
- Pillow, comfort items
- _____

OTHER

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____