

BIRTH BAG CHECKLIST

DOCUMENTS & PAPERWORK

- Birth Plan
- Copy of Health insurance & ID
- Registration Paperwork
- Important Phone Numbers
- _____

PHONE

- App to Time Contractions
- Add Important Contacts
- App for Sounds or White Noise
- Music
- Headphones
- Phone Charger and Power Bank
- _____
- _____

LABOR TOOLS

- Birthing Ball
- Massage Oil
- Meditations
- Robozo
- _____
- _____

FOOD & DRINKS

- Mints or Gum
- Snacks
- Electrolytes
- _____
- _____

CLOTHES FOR MOM-TO-BE

- Swim Suit Top or Sports Bra
- Underwear
- Nursing or Comfortable Bra(s)
- Comfortable Clothes
- Sweater or Sweatshirt
- Socks
- Shoes or slippers
- Sandals
- _____
- _____

TOILETRIES

- Maxi Pads
- Medications/Prescriptions
- Toothbrush & Toothpaste
- Shampoo & Conditioner
- Body Wash
- Lotion
- Face Wash
- Moisturizer & Skin Care
- Deodorant
- Hairbrush
- Hair Care Products
- Hair Ties, Headbands, Hair Clips
- Lip Balm
- Makeup
- _____
- _____
- _____

BABY

- Bodysuits or Onesies
- Socks
- Blanket(s)
- Going Home Outfit
- Hat(s)
- Mittens
- Diapers & Wipes
- _____
- _____
- _____

BREASTFEEDING

- Nursing Friendly Clothing
- Nursing Pads
- Nipple Balm or Cream
- Nursing Pillow
- _____
- _____
- _____

YOUR PARTNER

- Toiletries
- Swimwear
- Comfortable Change of Clothes
- Push Present (optional)
- _____
- _____
- _____

OTHER CHILDREN

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

MISCELLANEOUS

- Glasses/Contacts
- Wallet and Cash
- Camera
- Pillow or Comfort Items
- _____
- _____

OTHER

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