

BIRTH BAG CHECKLIST

DOCUMENTS FOLDER

- ☐ 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
- ☐ Download Music
- ☐ Headphones
- ☐ Phone Charger & Power Bank
- ☐ _____
- ☐ _____

LABOR TOOLS

- ☐ Birthing Ball
- ☐ Massage Oil
- ☐ Meditations
- ☐ Rebozo
- ☐ _____
- ☐ _____

FOOD & DRINKS

- ☐ Mints or Gum
- ☐ Snacks
- ☐ Water Bottle & Electrolytes
- ☐ _____
- ☐ _____

CLOTHES FOR MOM-TO-BE

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

TOILETRIES

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

BABY

- ☐ Bodysuits or Onesies
- ☐ Socks
- ☐ Blanket(s) & Swaddles
- ☐ 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 Clothes
- ☐ Push Present (optional)
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

OTHER CHILDREN

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

MISCELLANEOUS

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

OTHER

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____