

WHAT TO PACK

Having the things you'll need at the hospital or birthing center packed and ready to go well in advance of your expected due date is important. You probably won't have the time or energy to do it once you're in labor and you'll have the peace of mind of knowing that it's already taken care of. Your labor bag should contain essentials and things that will help you feel comfortable during labor. Think practically, bring what you need, but not everything.

For the Mama

- ✓ Insurance card and hospital paperwork
- ✓ Birth Preferences printed out
- ✓ Eyeglasses/Contacts
- ✓ Loose, comfortable clothes (2-3 days worth)
- ✓ Nursing bra and pads
- ✓ Cell Phone and charger
- ✓ Bathrobe and slippers/socks
- ✓ Hair ties
- ✓ Chap stick
- ✓ Snacks (for during and after labor)
- ✓ Comfort items: your pillow or a blanket
- ✓ Basic toiletries
- ✓ Focal point: such as an ultrasound photos, quotes, or empowering phrases
- ✓ Bluetooth speaker or headphones

For the Partner

- ✓ Make sure you know where to go!
- ✓ Cell phone and charger
- ✓ Eyeglasses/Contacts
- ✓ Snacks/food for you
- ✓ Mints/gum (no bad breath)
- ✓ Basic toiletries
- ✓ Change of clothes for a couple days
- ✓ Chap stick
- ✓ Swim suit to help in shower or bath
- ✓ Anything else your partner asked for you to bring!