

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 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.

For Expectant Mom:

- Insurance card and hospital paperwork
- Birth Preferences printed out
- Eyeglasses (if you need them)
- Loose, comfortable clothes (2-3 days worth)
- Nursing bra and pads
- Cell Phone and charger
- Bathrobe
- Socks & Slippers
- Hair bands or hair ties
- Lip moisturizer/chap stick
- Snacks (during and after labor)
- Comfort items: your pillow or a blanket
- Focal point: such as an ultrasound photo, quotes, or empowering phrases
- Music (if using Pandora, subscribe so you don't get commercials)
- Birth ball (if not provided by birth location)
- Basic toiletries: toothbrush, toothpaste, contacts and case, hairbrush deodorant, shower supplies

For Partner:

It helps to have your own bag of things to make you comfortable during labor and an overnight stay or two. Bring practical things, but not everything. 😊

- Directions to hospital
- Cell Phone and charger
- Eyeglasses if needed
- Snacks
- A few dollars and loose change for parking and vending machines
- Mints or chewing gum for fresh breath (your partner may be extra sensitive to odors during labor!)
- Basic toiletries: toothbrush, toothpaste, and deodorant
- Change of clothes (couple days worth just in case)
- Bathing suit in case you help your partner in the tub or shower during labor
- And anything else your partner asked you to bring!

Notes:

