



## **Erika's Packing List for the Birth**

Prepare a medium-sized bag or duffel for the first 24 to 48 hours after the baby arrives, which can become your “diaper bag for travel outside your home.

Pack no later than week 36 of your pregnancy or earlier if you are carrying twins! Even if you are planning a home birth, a well-equipped bag with things in one place will make life easier after the birth. Consider separate bags for you, your partner, and your baby, collected in a few smaller bags (cloth or see-through), to help you stay organized. Use travel-sized products of personal care products.

Once you collect everything in one place, you can feel good knowing that you are prepared for the birth - no matter when it comes. Babies do arrive before their estimated due date as well as after! Ask your friends what they wish they had taken to the birth. Pinterest has many lists - maybe too many.

## ***LIST***

### **Communication**

- Cell phone and charger(s)
- Phone numbers of important people in your life and of your birth team
- Small notebook and pen to write down questions
- Camera and batteries (optional if you have a camera with your phone)

### **Self care**

- Prescription medications (inform nursing and medical staff)
- Hair brush, comb, hair ties and hair products you use
- Deodorant, hand/body cream and nipple cream - unscented
- Toothbrush and dental care items, including mouthwash
- Glasses & contacts ( for a few days)
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### **Packing List for Self Care, continued**

- Maternity sanitary pads or adult diapers to supplement those of the hospital
- Soothing activities - music on personal playlist, knitting, magazines

### **For labor**

- Large envelope with materials from doula and childbirth educator
- Birth Preferences Plan ( for an idea of what preferences you can add, check out this website:  
[https://mamanatural.com/pdf/Visual-Birth-Plan\\_Mama-Natural.pdf](https://mamanatural.com/pdf/Visual-Birth-Plan_Mama-Natural.pdf))
- Snacks for your partner - energy bars, powdered miso soup, etc. Check what snacks you can have during labor and after the birth
- Lip balm
- Doula will bring fan, massage tools and oil, etc.
- Thermos with brewed red raspberry leaf tea and extra tea-bags
- Music you like on playlists (Pandora: Labor and Relaxation Playlist)
- Empty medicine containers, each with cotton balls soaked with any essential oils you have sampled and would like to have. Try lavender, tangerine, sweet orange, bergamot, Spanish sage, peppermint
- Bathing suit for partner; top of bathing suit or sports bra for you for tub or shower

### **Clothes for mother**

- Something for fun: crazy sox, stick on tattoos, whatever
- 2 Extra large, soft shirts, with buttons down the front for ease of nursing and to keep breasts open to the air and dry
- Soft comfy t-shirts and sweatpants
- Stretchy, comfortable pregnancy outfit for going outside
- Nursing bras and nursing pads (cloth/ reusable or disposable)

### **For the baby**

- Car seat, installed in your car and checked by local EMTs or firefighters
- Diapers: hospitals provide disposable diapers for you. Take all of them with you, even if you plan to use cloth diapers
- Home-birth: disposables and/or cloth diapers with covers and liners



### **Packing List for baby, continued**

- Several small soft burp cloths
- Baby washcloths and spray water bottle with water to avoid using chemical wipes on baby's delicate skin
- 3 long-sleeved onesies; 2 tie undershirts; 2 soft pull-on pants/leggings
- 1 sleep sac (daycare centers require sleep sacs for infants)
- 2 - 3 one-piece sleepers with snaps up the legs or zippers for easy diaper changes;
- 2-3 flannel receiving blankets
- 1 swaddle cloth or swaddle sleep sack
- 1 - 2 larger blankets, depending on the season; hat if you want
- 2 pairs of sox that are stretchy (to stay on)
- Soft nail file for baby's nails. They need their hands free to explore!