

Birth Bag Checklist



| ITEMS FOR GENERAL USE |

- Education materials from childbirth class
- Music - playlist, portable speaker and or earphones
- Massage Tools
- Focal Points - pictures, outfits, notes from loved ones
- Nourishment - sports drink, honey sticks, crackers, mints, etc.
- Lotion, oil or powder for massage
- Essential oils - Aromatherapy
- Activities - reading material, games, crosswords, etc.
- Cell phone and charger
- Personal items - lip balm, socks, hair ties, etc.
- Camera - batteries, chargers, lenses, SD cards
- Glasses/Contact lenses and solution
- Hand held fan
- Placenta Transport Kit | Cord Blood Kit
- Birth or Peanut ball



| ITEMS FOR BIRTHING PERSON |

- Birthing skirt or dress
- Toiletries - oral care items, makeup, hair care items
- Under garments robe, pajamas, slippers
- Nursing bra, top, pads
- Outfit to go home in
- Pillows, blankets, or other comforting items from home

| ITEMS FOR PARTNER |

- Snacks
- Personal items - toiletries, change of clothes, medications
- Swimwear - If you plan on helping in the pool or shower
- Books, games, etc
- Pillows, blankets or comforting items from home



| ITEMS FOR BABY |

- Baby book
- First picture or going home outfit
- Special blankets or sentimental items
- Car seat



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

GIFTS FOR STAFF: Some parents wish to bring baked goods, gift cards or other gifts for the staff as a way of saying 'Thank You' for their hard work and care.