



Hospital Bag Checklist:

Keep in car after 36 weeks:

- chux pads / garbage bags / towels (to protect seats in the car during a transfer)
- bowl (in case of nausea)

For You:

- Insurance card
- 3 Copies of your Birth Preferences for the Nursing Staff
- Comforts of home (pillows, warm blanket, decorations to claim your space)
- Chapstick
- Toothbrush & paste
- Hairbrush and something to pull your hair back with (bands, clips, etc.)
- Clothing for labor (tank top, skirt, & robe + what you would wear in the shower)
- Flip Flops (that are ok to get dirty or are easy to clean)
- MP3 player and speakers to play whatever music you like
- Aromatherapy (wonderful smelling oils for massage that you like)
- LED candles (no real candles are allowed at the hospital)
- Coconut water, Recharge, or other vitamin enhanced, caloric drinks you like
- Labor Food (consider things you like and that are easy to digest + post baby treat)
- Olive Oil for when baby is crowning
- Prenatal vitamins &/or any medications you need
- Paper and pencil for taking notes as needed
- Cell phones, camera, video camera, **extra batteries**, and **wall chargers**

For Your Partner:

- A warm sweater...it often gets very cold for partners in the birthing suites.
- Food and drinks for you (think energy enhancing)
- Breath Mints + toothbrush & paste
- Any supplements or medications you need
- A change of clothes (and something extra to wear in the shower)
- An unwashed shirt of hers that you can keep with the baby if Mom & baby get separated
- Laptop (hospitals have free wi-fi)

*You should * the stuff you need to grab on the way out that can't be packed ahead of time.*

For Postpartum:

- Homeopathic Arnica 200c (encourages postpartum healing)
- Comfortable clothing that accommodates breastfeeding (including nursing bra/tank)
- Slippers, Socks & Robe
- Earth Mama Angel Baby New Mama Bottom Spray for healing a sore bottom
- Breastfeeding Made Simple book – Read it first AND bring it with you!
- Cosmetics and toiletries as needed

For Baby:

- Going Home Outfit (newborn size): shirt & pants (no onesie due to the umbilical stump), a hat, socks, and a blanket
- Diapering supplies if you are using organic or cloth diapers
- Car seat properly installed. You can check out this web resource for safety check locations near you: <http://www.nhtsa.gov/cps/cpsfitting/Index.cfm>
- Pediatrician information – Name, office address, phone number