

LABOR AND DELIVERY HOSPITAL BAG CHECKLIST

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PAPER WORK

- Birth Plan (2-3 copies)
- Insurance Card
- ID
- Any releases needed for placenta encapsulation
- Baby book for foot prints etc.

MOM FOR DURING LABOR/ DELIVERY

- Delivery/Nursing gown
- Scrunchies & hair ties
- Personal fan
- Warm Blanket & Pillow
- Eye mask and ear plugs
- Large water bottle with straw
- Toiletries
- Lip balm
- Slippers
- Cozy socks

MOM AFTER DELIVERY

- Pajamas
- Robe
- Postpartum belly band
- Postpartum diapers
- Cooler for placenta if encapsulating
- Flip flops for shower
- Towels for shower
- Going home outfit (loose pants and shirt)

ELECTRONICS

- Headphones
- iPad/ computer/ kindle (entertainment)
- Extra long charging cords
- Camera
- Tripod

EXTRAS

- Makeup
- Push playlist
- Speaker
- Essential oil blends
- Birth Ball

BREAST FEEDING

- Milk bag
- Nipple balm
- Nursing pads
- Heating pad
- After Ease Drops
- Nursing bras or nursing camis
- Hand pump or Milk Catcher

Baby

- Baby outfits 2
- Spare onesie
- No scratch mittens
- Burp cloth for car
- Beanie
- Car Seat
- Car Seat cover

SNACKS

- Snacks (high protein)
- Sugar free hard candy
- coconut water

NURSE GIFTS

- Fragrance free hand lotion
- Lip balms
- Coffee
- Snacks
- Thank you card