

Hospital Bag Packing List

◇ THE DOULA EDITION ◇

FOR THE BIRTHING PERSON

- ◇ **Comfy bra and “labor” clothing** - this is very personal - some folks like to plan what they will wear, and others couldn't care less. Sports bras or pretty lace bralettes, t-shirt dresses or soft pjs work well. The important thing to note is that you do NOT need to wear the hospital gown.
- ◇ **High-waisted underwear, a size too big** - nobody wants uncomfy knickers, and your body will thank you for the generous, unrestrictive support.
- ◇ **Toiletries** - all the usual suspects, but decadent shampoo or soap makes that postpartum shower 120% better. Lip balm is also great.
- ◇ **Heat Pack**
- ◇ **A drinking straw** - to sip your drink easily
- ◇ **Postpartum clothes** - a cozy robe, pjs, a soft, comfy top, a nursing bra and loose pants for lounging
- ◇ **Socks and slippers** - your feet will be chilly
- ◇ **Ambience** - this is a personal choice. Eg: Diffuser with your favorite EO, battery operated candles, a speaker for music (make a playlist in advance), meaningful items to make an “altar”, affirmations
- ◇ **Plastic bags** - for any wet or dirty clothes.
- ◇ **A notebook** - can come in handy.
- ◇ **Snacks and drinks** - your favorites to give you energy and sustenance.
- ◇ **Hair ties/pins**

FOR THE SUPPORT PERSON

- ◇ **PJs, underwear, comfy clothes**
- ◇ **ID, insurance details, any hospital paperwork and a pen** - you'll be filling out a lot of forms.
- ◇ **Phone and charger**
- ◇ **Toiletries** - inc deodorant and breath mints. No coffee breath!
- ◇ **Snacks** - you need to keep your energy up
- ◇ **Change for vending machines** in case you run out of snacks or the cafeteria is closed.
- ◇ **Camera** - charged and with space on the memory card
- ◇ **Swimwear** - in case you want to join your partner in the bath/shower

FOR THE BABY

- ◇ **Clothes** - simple all-in-one outfits are easiest, preferably with zips to access diaper changes. Buttons and snaps = nope. Newborn size is usually right, but sometimes 0-3 months is needed so have both in case
- ◇ **Car seat** or other way of transporting the baby home
- ◇ **Pacifier** - personal choice, but even if you never use it, it's good to have one in case you need it
- ◇ **Blanket** to keep baby warm in the room and on the ride home

THE HOSPITAL WILL PROVIDE (AKA DON'T PACK)

- ◇ **Mesh underwear and maternity pads** - for if your water breaks and for bleeding afterwards
- ◇ **Newborn diapers and cloths for cleaning** - many hospitals use small fabric cloths as a wipes alternative
- ◇ **Breast pump and all the paraphernalia** - not always needed, but there in case
- ◇ **A peri bottle, witch hazel wipes, socks with grips, instant heat/cool packs, wash cloths** - for your comfort
- ◇ **Flannel receiving blankets/swaddles** for baby