

SUGGESTED BABY PACKING LIST

Stocked diaper bag

Comfy clothes for after birth (2-3 onsies)

A hat

Cute photoshoot outfit or prop (bow, bowtie, sign with their birth info, etc)

2-3 Socks

Baby's coming home outfit (long sleeve onesie and pants)

Swaddle blanket

Newborn scratch mittens

Nursing pillow

Infant carseat installed

Lovey or stuffed animal for pics

ABBEY'S DOULA BAG OF GOODIES FOR YOU

Bluetooth speaker

Heating Rice pack

Reflexology tools

Twinkle lights

Essential oils

Carrier oils

Lotions for massage

2 rebozos

Protein Bars

Gum/mints

Electric Hand Fan

Birth Plan

Massage Oils

Affirmations

Sleep mask

Shower cap

TENS Unit