HOSPITAL PACKING LIST

SUGGESTED MOM PACKING LIST

Photo ID, insurance info, hospital forms, birth plan
Any medications/prescriptions
Comfy clothes to labor in
Nursing bra or tank
Something to wear while laboring in the tub or shower
Robe and/or gown
Hair ties and a headband
Toiletry bag with makeup removing wipes
Comfortable flip-flops/slippers and/or non-skid socks
Swim top for mom & trunks for partner
Change of clothes for mommy & partner for resting in postpartum
Quick, healthy snacks and drinks
A great playlist and a bluetooth speaker
Oil or lotion for massage
Essential oils for labor
Phone & charger
Camera
Comfy pillow for you, and/or a favorite blanket.
Affirmations
Sleep mask
Nipple balm (if you are breastfeeding)

SUGGESTED PARTNER PACKING LIST

Photo ID, insurance info, hospital forms, birth plan

Comfy clothes for at least 3 days

Clothes to get wet in if you get in the tub with your partner

Hair ties and a headband if long hair

<u>Toiletry bag</u> (include shower items)

Comfortable flip-flops and/or non-skid socks

Extra blanket and/or favorite pillow

Fresh clothes for postpartum

Quick, healthy snacks and drinks

Eye mask for resting

List of ideas to help your partner during labor

Phone & charger

Camera

Affirmations for your partner

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 speakerHeating Rice packReflexology toolsTwinkle lightsEssential oilsCarrier oilsLotions for massage2 rebozosProtein BarsGum/mintsElectric Hand FanBirth PlanMassage OilsAffirmationsSleep mask

Shower cap

TENS Unit