

HOSPITAL PACKING LIST

SUGGESTED MOM PACKING LIST

Photo ID, insurance info, hospital forms, birth plan
Any medications/prescriptions
Comfy clothes to labor in
<u>Nursing bra or tank</u>
Something to wear while laboring in the tub or shower
Robe and/or gown
Hair ties and a headband
<u>Toiletry bag with <u>makeup removing wipes</u></u>
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
<u>Quick, healthy snacks</u> and drinks
A great playlist and a bluetooth speaker
<u>Oil or lotion for massage</u>
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)

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