

PACKING CHECKLIST FOR YOU

JUST IN CASE, PACK AS IF YOU ARE STAYING FOR 4 DAYS. THEN YOU KNOW YOU WILL HAVE ENOUGH OF EVERYTHING.

CLOTHING & ACCESSORIES	✓
Comfortable birthing outfit (unless you prefer to deliver in hospital gown)	
Socks/ slippers	
Nursing bras	
Sleepwear / robe	
Nursing shirts (even if you do not plan to breastfeed for skin to skin!)	
2 set of lounge pants	
Robe	
Going home outfit	

ELECTRONICS	✓
Portable Speaker	
Headphones	
Laptop/Tablet	
Camera (if you want!)	
Portable/ clip on fan (with extra batteries)	
Phone chargers (x2)	
Diffuser or anything that smells good to you	

TOILETRIES	✓
Toothbrush & toothpaste	
Chapstick	
Dental Floss	
Soap	
Deodorant	
Shampoo & conditioner	
Nipple cream	
Hair Brush	
Facial Cleanser & Moisturizer	

MISCELLANEOUS	✓
Boppy	
Eye Mask	
Toiletpaper	
Tissues	
Water bottle with straw	
Hairties	
Comfort items (photos, affirmations, momentos)	
Hydration support (Gatorade, Bodylite, honey sticks)	
Bone broth / high protein snacks	

PACKING CHECKLIST FOR BIRTHING PARTNER

CLOTHING & ACCESSORIES	✓
Underwear	<input type="checkbox"/>
Socks	<input type="checkbox"/>
Sleepwear	<input type="checkbox"/>
T-shirts	<input type="checkbox"/>
Bathing suit (if your partner plans to be in the water)	<input type="checkbox"/>
Going home outfit	<input type="checkbox"/>
2 pairs of sweatpants/ shorts	<input type="checkbox"/>
Watch/ timer	<input type="checkbox"/>

ELECTRONICS & OTHER	✓
Cell Phone	<input type="checkbox"/>
Laptop/Tablet	<input type="checkbox"/>
Film/Memory Card/ Camera	<input type="checkbox"/>
Your own phone charger!	<input type="checkbox"/>
Book	<input type="checkbox"/>
Playlist/ portable speaker	<input type="checkbox"/>
Headphones	<input type="checkbox"/>

TOILETRIES	✓
Toothbrush	<input type="checkbox"/>
Toothpaste	<input type="checkbox"/>
Dental Floss	<input type="checkbox"/>
Soap	<input type="checkbox"/>
Deodorant	<input type="checkbox"/>
Shampoo	<input type="checkbox"/>
Conditioner	<input type="checkbox"/>
Hair Brush	<input type="checkbox"/>
Facial Cleanser & Lotion	<input type="checkbox"/>
Glasses/ contacts	<input type="checkbox"/>

MISCELLANEOUS	✓
Travel Pillow	<input type="checkbox"/>
Eye Mask	<input type="checkbox"/>
Earplugs	<input type="checkbox"/>
Tissues	<input type="checkbox"/>
Non perishable snacks	<input type="checkbox"/>
2 copies of birth plan	<input type="checkbox"/>
Your own medications	<input type="checkbox"/>

PACKING CHECKLIST FOR BABY

CLOTHING & ACCESSORIES	✓
1-2 onesies , with a zipper for ease	
Socks	
Going home outfit	
Socks	
Hat	

MISCELLANEOUS	✓
Car seat (installed or ready to be -- can be nice to have backseat free for way there)	

OTHER	✓
Cooler (for placenta) - if applicable	