

Packing your bag for the big day!

Things for mom:

- Fluids including some with electrolytes (Gatorade, etc.), juice, herbal tea, water bottle
- Food- light snacks for labor. For after birth, foods high in protein that you can eat lying down (yogurt, cheese and crackers, granola bar, sandwich, nuts, etc.)
- Lip balm
- Shampoo, soap, cosmetic supplies
- Shower cap, hair tie or scrunchie
- Toothbrush, tooth paste, mouthwash
- **Slippers or shower flip flops, socks, robe**
- Loose fitting, comfortable nightgown, or oversized t-shirt to wear during labor that you don't mind getting soiled.
- Bra that is easy to remove (imagine pulling a wet sports bra off over your head while holding a baby... not fun) or a bikini top for wearing in the tub if you prefer not to be topless during labor
- Nightgown (breastfeeding friendly), robe or oversized t-shirt for after birth
- Adult pull up diapers; aka Depends (generic name is fine) 1 pack
- Fresh clothes for going home: nursing bra, underpants, shirt and pants or dress (you will probably need maternity size)
- Favorite/Extra Pillow (we provide 4+)
- White athletic tube sock filled with rice (microwave heat pack, good for after birth too!)
- Flameless candles, scented oils, music, pictures, anything to make you more comfortable
- Vitamin E oil, wheat germ oil, almond oil, etc. for massage
- Phone charger!
- Be sure you bring birth certificate paperwork and consents

Things for baby:

- **Car seat** (set up, adjust ahead of time. Fire department can check installation in the car.)
- 3 receiving blankets
- Newborn outfit, socks, hat to wear home
- Diapers, wipes

Things for birth team:

- Food and extra drinks- enough for 24 hours
- Change of clothes & toiletries- consider shorts/trunks for partner if they may get in tub at time of birth
- Money/card for incidentals (car service, take-out food, etc.)

To have at home:

- Padsicles! Wet sanitary pads with water or witch hazel and put in the freezer to use as ice packs for your bottom after birth. We will supply your first few at the birth center but make a stash for the first 24hrs at home.
- Ibuprofen and witch hazel (can buy in a bottle or as Tucks pads)
- Chux disposable underpads – also sold as puppy pads
- Sanitary pads- long, super-maxi/overnight 1 pack
- Infant and adult thermometers