

what to pack
HOSPITAL BAG

FOR LABOR, DELIVERY & THE MOMENTS AFTER

A CHECKLIST



01.

FOR LABOR

- LIP BALM
- LOTION
- HAIR TIES
- COMFY SOCKS
- SLIPPERS
- ROBE (YOU DON'T MIND GETTING DIRTY)
- ESSENTIAL OILS (POPULAR OILS FOR LABOR LISTED BELOW)
 - LAVENDER
 - CITRUS, SUCH AS ORANGE
 - EUCALYPTUS
 - PEPPERMINT
 - CHAMOMILE
 - CLARY SAGE
 - GINGER OIL
 - LEMONGRASS
- DIFFUSER
- SCRIPTURE CARDS
- BLUETOOTH SPEAKER & MUSIC
- BACK MASSAGER
- PILLOW
- CHARGERS (PHONES, ELECTRONICS, ETC.)

EXTRA ITEMS TO REMEMBER



02.

FOR POST-LABOR

MOM

- EYE DROPS
- SATIN ROBE
- PJ'S / GOWN
- COMFY SOCKS
- SLIPPERS
- FLIP FLOPS (FOR THE SHOWER)
- TOILETRIES
- DRY SHAMPOO
- GOING HOME CLOTHES
- JOURNAL *(to write down all the things you don't want to forget)*

BABY

- TWO OUTFITS: ONE FOR BABY TO WEAR, ONE TO KEEP
- TWO BLANKETS: ONE FOR BABY TO BE SWADDLED, ONE TO KEEP
- TWO HATS: ONE FOR BABY TO WEAR, ONE TO KEEP
- TWO HEADBANDS: ONE FOR BABY, ONE TO KEEP
- PERSONALIZED ITEMS (BLANKETS, HATS, ETC.)
- ANY ACCESSORIES
- CUDDLE COT *(ask your hospital if they have one available)*

EXTRA ITEMS TO REMEMBER

03.

FOR MEMORY MAKING

- PHOTOGRAPHER - *OR SOMEONE DESIGNATED TO TAKE PHOTOS*
- LIST OF PHOTOS YOU WOULD LIKE TO HAVE WITH BABY
- VIDEOGRAPHER - *OR SOMEONE DESIGNATED TO TAKE VIDEO*
- BABY BOOK - *FOR HAND & FOOT PRINTS, BIRTH DETAILS, HAIR CLIPPINGS, ETC.*
- LETTER TO BABY - *WRITE A LETTER TO YOUR BABY AND READ IT TO HIM/HER AFTER THEY ARE BORN*
- STUFFED ANIMAL (TWO, ONE FOR BABY AND ONE FOR YOU)
- HEARTBEAT STUFFED ANIMAL
- FAVORITE CHILDREN'S BOOKS TO READ WITH BABY
 - ON THE NIGHT YOU WERE BORN
 - WHEREVER YOU ARE MY LOVE WILL FIND YOU
 - GUESS HOW MUCH I LOVE YOU
 - GOODNIGHT MOON
- TOWEL & WASH CLOTH
- BABY SOAP & SHAMPOO IN SPECIAL SCENT
- HANDPRINT / FOOTPRINT MOLDS
- LETTER BOARD FOR PERSONALIZED PHOTOS (*BABY'S NAME, BIRTHDATE, WEIGHT, LENGTH, CHARACTERISTICS OR MOMENTS TO REMEMBER, ETC.*)

EXTRA ITEMS TO REMEMBER

MEMORIES TO MAKE

WOULD LOVE TO DO THESE THINGS WITH MY BABY:

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EXTRA NOTES



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