

PACKING FOR BIRTH

Consider packing two bags: one for labor and one for after birth, if you will be staying at your birthplace. This is just a checklist. You may not need or want every item on the list.

In the car

- ↪ Pillows in the car for the ride to the birthplace; Cover pillows with small garbage bags before putting on pillow cases.
- ↪ Towels or chux pads - Make a "nest" on her seat: put large garbage bags down (be sure to let the back edge of the bag curve up to protect the crack at the back of the car seat), then cover with beach towels or a small blanket, just in case of water breaking/leakage.
- ↪ Blankets
- ↪ Zip lock bag/Garbage bag/bowl (for nausea)
- ↪ Something for mom to drink; Some calories for mom (smoothie, toast, yogurt, etc.)
- ↪ Baby's car seat

For labor

- ★ "Natural Birth In Progress" sign for hospital door
- ★ Copies of your birth plan
- ★ Dad's wallet card with information about your decisions regarding baby's care
- ★ Cards for baby's bassinet: No Circumcision; Breast Only (according to your wishes)
- ★ No Circumcision ankle bracelet for baby
- ★ Copies of your pre-admission papers
- ★ Insurance cards and information; Driver's license
- ★ Your birth art
- ★ Paper or notebook and pen (for recording contractions, recording events, writing questions, answers and...)
- ★ Baby book for footprints
- ★ Your favorite pillows
- ★ Comfort items (favorite blanket, picture, stuffed animal)
- ★ Beautiful object to use as a focal point (if you wish to have one)
- ★ Socks to keep your feet warm; Put puffy paint on the soles to make them safe to walk around in.
- ★ Ahead of time, freeze some "blue ice", reusable, hard plastic things with the gel inside for ice chests; they're great for putting in a bowl of water with a washcloth to sponge your face when you are pushing
- ★ MP3/CD player and music; Remember to include selections for resting, moving, pushing and after the birth.
- ★ Massage lotion, massage oil or non-talc powder; Be careful of strong scents.
- ★ Massagers
- ★ Essential oils
- ★ Hot packs (rice sock)
- ★ Cold pack; Frozen peas in a zip-lock bag are perfect.
- ★ Crock pot (if allowed) to heat compresses
- ★ Swim noodle or Paint roller or Rolling pin (with or without cloth wrap)
- ★ Combs to stimulate pressure points in hands
- ★ Tennis balls in sock
- ★ Hand fan
- ★ Popsicles for sucking between contractions and keeping your mouth moist –The pureed fruit or frozen yogurt kind are preferable so that you get good calories rather than frozen Kool-aid calories.
- ★ Herbal teas (Red Raspberry Leaf maybe?)

- ★ Juice – Bring your own. If the fridge hasn't been stocked in a while there might not be much to pick from at the hospital.
- ★ Snacks (lollipops, honey, dried and fresh fruit, juices, granola, red raspberry leaf tea ice chips, anything that slides down (yogurt, smoothies))
- ★ Sandwiches or other goodies for support person
- ★ Soda cans for cool counter-pressure
- ★ Bendy straws
- ★ Reference books or information sheets you might need
- ★ Hair brush (and stuff to pull your hair back)
- ★ Camera and memory sticks/cards, batteries, battery packs, extension cord, tripod
- ★ Phone charger (camera charger, laptop charger...)
- ★ Comfortable clothes, if you wish to labor in your clothes
- ★ Bathing suit for Dad (so he can join you in the shower)
- ★ Lip balm
- ★ Small spray bottle for moistening face with cold water (wash cloths work fine)
- ★ Toothbrush and toothpaste (for Mom and Dad)
- ★ Mirror for seeing the progress you are making as you push the baby out
- ★ Sparkling grape or apple juice or orange juice to celebrate birth

For after birth

- ☺ Phone list of people to notify about baby's birth
- ☺ Nursing gowns
- ☺ Nursing bras
- ☺ Bathrobe and slippers
- ☺ Cotton underwear, unless you want to use hospital provided ones; Yours may become blood stained.
- ☺ If it is not already in the car, car seat for baby
- ☺ Toiletries: shampoo, hair dryer (some hospitals have them), soap, deodorant, toothpaste, toothbrush, cosmetics, hair brush, glasses, contact lenses (and solution); Remember, perfumes may bother baby and make it more difficult for her/him to recognize your smell.
- ☺ Sanitary napkins (supplied by hospital and in most homebirth kits, but you'll need more)
- ☺ Herbs for sitz bath for perineal tears and episiotomies
- ☺ Coming home clothes for Mom (they should be loose fitting)
- ☺ Coming home clothes for baby (blanket?)
- ☺ Books and magazines
- ☺ Baby's book for visitors to sign
- ☺ Paper, envelopes and pen
- ☺ Gift for siblings from baby
- ☺ Have someone bring up a birthday cake
- ☺ Goodies to flatter the nursing staff