



Packing List for Birth- Hospital/Birth Center

For Mama for Birthing:

- Photo ID
- Insurance card
- Birth plan
- Water bottle (one with a straw is helpful)
- Snacks (include coconut water or another electrolyte drink)
- Hair rubber bands / clips
- Lip balm
- Comfy clothes (e.g. loose skirt, tank top, big shirt, sports bra, bathing suit, etc.)
- Slippers – get cheap slippers because they may get dirty at the hospital
- Flip flops or easy slip-on shoes for going to the bathroom
- Socks
- Whatever you want to help you relax (e.g. music, birth ball, aromatherapy, massage oil, etc.)
 - Essential oils and diffuser (doula will have this!)
 - Music player or use phone
- Your own toilet paper because hospital toilet paper is so thin

******Cooler for placenta if you plan on encapsulating******

For Partner:

- Water bottle
- Snacks
- Cell phone & charger
- Camera &/or video camera
- Toiletries
- Cash & credit card
- Comfortable shoes
- Comfortable clothes
- Bathing suit (If you want to get in the shower or birth tub with your partner.)

For Mama Postpartum:

(These items can be packed separately and brought in after the baby is born.)

- Snacks
- Cell phone & charger
- Toiletries (including contact lens products and any medications, if applicable)
- Ibuprofen or arnica (It will save you money to bring your own.)
- Comfortable pajamas that allow for easy nursing access (You do not need to pack a nursing bra or tank. A shirt or nightgown that buttons down the front or a tank top you can easily pull down will work well at this stage. However, some women like the support of a nursing bra. It should not have an underwire.)
- Robe and slippers

- Postpartum underwear, think Fruit of the Loom (Optional—they'll give you postpartum underwear.)
- A comfortable going-home outfit (e.g. loose skirt and nursing-friendly shirt)
- Pen & pad (to write down questions, memories, etc.)
- Extra pillows or a Boppy

For Baby:

(These items can be packed separately and brought in after the baby is born.)

- 2 or 3 going-home outfits that can accommodate the car seat strap between the legs, include socks / booties & hats
- Warm baby blanket (The ones provided are a little light-weight for going home in winter.)
- Car seat Snuggie or outdoor gear for baby if it's winter
- Installed, rear-facing, infant car seat
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Postpartum Supply List

For Mama:

- Stretchy, mesh underwear (given at hospital or order online at www.inhishands.com)
- Full, dark-colored, comfortable, 100% cotton underwear
- Cloth or disposable menstrual pads (all sizes, from overnight to panty liner and everything in between, avoid the *Always* brand)
- Witch hazel (soothing astringent to soak pads in postpartum)
- Hydrogen peroxide (great for getting blood stains out of fabric)
- Peri bottle (given at hospital or order online at www.inhishands.com)
- Herbal sitz bath blend (Earth Mama Angel Baby has a great blend)
- Mama Butt Spray from Earth Mama Angel Baby
- Shallow plastic container for sitz bath
- Pre-fold cloth diapers (wonderful for leaky breasts & burp cloths)
- Wish Garden After Ease (tincture for afterpains, especially important if you have birthed or miscarried before)
- Advil / ibuprofen (for afterpains, soreness, and swelling)
- Prenatal or daily vitamin (if taken during pregnancy)
- Nursing pillow(s)
- 100% pure lanolin cream or lanolin free cream from Earth Mama Angel Baby
- Water bottle
- Red raspberry leaf tea
- Healthy, nutritious meals and snacks
- Extra towels and sheets



For Baby:

- Cloth and/or disposable diapers
- Cloth and/or disposable wipes
- Diaper pail and liners (necessary for cloth diapers)
- Pre-fold cloth diapers (wonderful for burp cloths, airing out & messy diaper changes)
- Seasonal clothes
- Newborn hats
- Baby blankets for swaddling
- Moses basket, bassinet, or co-sleeper

- Infant car seat
- Sling or other infant carrier (I recommend the Moby and/or the Ergo.)
- Thermometer (one that can take axillary and rectal temps)
- Bulb syringe (take one from the hospital, these are the best)
- Clean & Clear Detergent to wash baby clothes, blankets, and burp cloths

