



Pregnancy to Parenthood

Packing Your Birthing Bag

Some thoughts regarding packing your bag: Pack early! Get a jump start on packing 4-6 weeks prior to baby's due date...who wants to be wildly cramming things into a bag with one foot out the door on the way to the hospital, *hoping* you didn't forget anything? You may consider putting together a "mini" bag of a few toiletry essentials and comfort items to leave in your car...dozens of women go to their healthcare provider late in pregnancy for their weekly exam, only to find themselves admitted to the hospital with nothing but the clothes on their back and the items in their purse. The following list contains *suggestions* of what to pack...use it as a guide...include in your own bag that which you truly think you will want/use.

For Woman, During Labor

- Towel or waterproof pad for on the way to the hospital
- Hospital paperwork (hopefully already on file)
- Copy of birth plan, if desired and not already on file at hospital
- Your own comfortable clothes, nightgown or bathrobe if desired (expect these to get stained)
- Non-slip socks and/or slippers
- Ponytail holder/headband
- Contact lens kit and back-up glasses
- Prepared Childbirth ~ The Family Way workbook for ideas re: labor positions and pain management strategies
- Massage oil/cream
- Body wash/calming scent for in the shower/bath
- Lip balm
- Music
- Focal point (favorite picture or item that brings comfort)
- Tennis ball, rolling pin or other massage tool
- Your own favorite pillow (with colored pillow case) – plan to keep this at the HEAD of the bed!

For Partner During Labor

- Sweater/sweatshirt
- Snacks to maintain energy level
- Cash/change to buy food (see above)
- Cell phone for making long distance calls to friends/family
- Phone card
- Watch w/ second hand for timing contractions
- Camera(s)

For After Baby is Born

- Comfortable pajamas
 - Relaxing outfit
 - Wearing home outfit
 - Nursing bras and breast pads, if planning to breast feed.
- Hint:* Nursing bras should be one size larger than that which you are wearing at the end of your pregnancy
- Your own sanitary pads (You may or may not like using those supplied by hospital)
 - Change of clothes for partner
 - Your own medications
 - Toiletries for woman and partner
 - Baby Arrival Phone Tree!
 - Baby's going home outfit
 - Baby blanket and hat
 - Car seat
 - Additional film for camera
 - Music
 - Journal
 - Envelope for ID bracelets and other hospital mementos you may want to take home with you
 - Extra baby hat or blanket to put in baby's hospital bassinet, then take home ahead of time to family pets to help introduce them to baby via his/her scent



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Childbirth Preparation and Beyond