

## my birth

# birth packing list

## Pack your bag!

Having a bag packed will help you feel more relaxed when it's time to deliver your baby. Before 37 weeks, have a birth bag packed and ready.

### Include the following:

#### For you:

- Birth plan
- Photo ID and insurance card
- Robe and slippers
- Flip flops for the shower
- Nursing bra, or a tight sports bra if you do not plan on breast/chestfeeding
- Chargers for your phone and camera
- Toiletries (toothpaste, toothbrush, hairbrush, shampoo, conditioner, soap, and contact solution)
- Healthy snacks and drinks you might want to snack on during labor
- Eye mask and ear plugs (hospital rooms can be noisy) to make it easier to sleep
- Anything else that will help you relax (your own pillow, a playlist, pictures of loved ones, etc.)

#### For baby:

- An installed car seat. You won't be able to drive your baby home without it, so make sure you do this ahead of time.
- Clothes to bring your baby home in. It helps to pack both a newborn and a 0-3 months size outfit if you're not certain which one will fit.

### To bring home from the hospital:

If you give birth in a hospital, they will provide necessary supplies to care for your baby during your stay. Here are a few items you can bring home:

- A few diapers for your baby to wear home
- Mesh underwear. They'll give you some, and you can ask for more
- Large maxi pads
- A spray bottle to clean yourself after you use the bathroom

