



BirthWise in Birmingham

PACKING CHECKLIST

THINGS TO TAKE WITH YOU TO YOUR BIRTH

Infant car seat (best if it's already installed **tightly**)
Chux pads and/or old clean towels (in case your water releases)
Full tank of gas

CAR

Your own outfit if you don't want to wear a hospital gown
Slippers or socks for cold feet
Something to hold your hair back

Scented (if you like it) massage oil

Rice sock

Fan

Electric massager

Music play list

Birth ball

Pillows (with plastic bags under colorful pillow cases)

Hair brush

Tennis balls

Crock pot and wash cloths

Bath Towel (or two if you plan to use shower/bath during labor)

LABOR SOOTHERS

High energy food and drinks for mom and support people

Flex straws

Lip balm

Toiletries

Camera with charged batteries

List of phone numbers

Clothes for after the birth (that fit when you were about 5 months pregnant)

Clothes for baby to wear home (prewashed)

Under shirt

Sleeper

Socks

Receiving blankets

Blankets

BABY

☺ Doula's phone number

www.BirthWiseInBirmingham.com