

# Labor Bag Checklist

## MOM LABOR

- BIRTHING GOWN\* + ROBE
- HEATING PAD\*
- SHOWER SANDALS, EXTRA BRA/TOP  
(HYDROTHERAPY)
- PORTABLE SPEAKER + PHONE CHARGER
- AFFIRMATIONS OR OBJECTS\*
- SNACKS + WATER CUP WITH STRAW

## TOILETRY BAG - PLACE ON TRAY TABLE

- CHAPSTICK AND HAIR TIES
- PEPPERMINT & LAVENDER ESSENTIAL OILS
- BREATH MINTS
- BELLY BALM/LOTION
- TOOTHBRUSH, PASTE, DEODERANT
- ELECTROLYTE POWDER
- HONEY STICKS

## MOM POSTPARTUM

- 1-2 PANTS
- 1-2 NURSING TOPS + WARM LAYER
- NIPPLE BALM, PERI SPRAY/BALM
- NATURAL CALM (CONSTIPATION)\*
- TOILETRIES
- SLIPPERS OR SLIP ON SHOES

## PARTNER

- 1-2 PANTS + COMFY SHOES
- 1-2 SHIRTS + WARM LAYER
- TOILETRIES
- PILLOW\*
- PHONE CHARGER
- SNACKS + WATER BOTTLE

## BABY

- 1-2 OUTFITS (NB AND 0-3)
- BLANKET (TO COVER CARSEAT)
- PACI, DIAPER BALM, DIAPERS\* (IF YOU  
PREFER A CERTAIN BRAND)
- SWADDLE OR SLEEP SACK\*

## MUST HAVE

- 1-2 COPIES OF BIRTH PLAN
- PHOTO ID
- INSURANCE CARD
- MEDICATIONS (IF ANY)

## LEAVE IN CAR

- CAR SEAT, NURSING PILLOW\*, BLANKET  
+PILLOW\*, EXTRA SNACKS

\*OPTIONAL ITEMS

