

Birth Bag Essentials: You'll be glad you have these 10 items with you!!



1. Smartphone, Charger, Cords (extra battery, battery charger, and cord are nice too!)
2. An extra bag to put things in when you come home...you leave with more than you went in with.
3. Cash/change for hospital vending machines, gift shop purchases
4. Gum or mints! Your mouth can get very dry, and you'll want your birth team to have minty breath when they're breathing with you!
5. Hair accessories: brush, ponytail holders, hair elastics, hair clips, stretchy headband to keep hair off your face.
6. Homecoming outfit for baby & yourself (Don't bring diapers! You get those from the postpartum unit.)
7. Comfy clothing: a nursing bra or tank tops, comfortable underwear, sleepwear, robe, slippers/heavy socks, flip flops for the shower
8. Important documents: copies of your birth plan if you're using one, photo ID, health insurance documents/cards, any hospital forms
9. Relaxation tools: back massager, squeeze balls for stress relief, relaxing music, massage lotion/oil, affirmation cards
10. Toiletries - including chapstick!

Things to leave at home:

Real Candles (LED variety or fairy lights are fine)

Diffuser (put essential oils on cotton ball or tissue for smells)

Any must have's that you wish you'd known about or want to share? Let us know!