



Your birth bag checklist

A gentle guide for the weeks before your baby arrives

Try to have your bag ready by around 36 weeks. Hospitals and birth centers provide many things already, so ask yours what they supply. Pack what helps you feel calm and like yourself.

For you

- ☐ Photo ID, insurance or Medicaid card, and your hospital paperwork
- ☐ Phone and a long charging cable
- ☐ Loose clothes or a nightgown that opens in front for feeding
- ☐ Toothbrush, toiletries, lip balm and hair ties
- ☐ Water bottle and light snacks for after the birth
- ☐ Something that brings you comfort: a prayer mat, a scarf, music, a photo or your own pillow
- ☐ Your birth preferences, printed (2 copies)
- ☐ Comfortable robe, warm socks and slippers
- ☐ Nursing bra and soft, comfortable underwear
- ☐ Glasses or contact lenses, and any medicines you take
- ☐ A loose, comfortable outfit to wear home

For your baby

- ☐ A car seat, installed before your due date
- ☐ An outfit for going home, plus a hat and socks
- ☐ A soft blanket for the ride home
- ☐ Diapers and wipes for the first day (many hospitals provide these)

For your partner or support person

- ☐ A change of clothes and toiletries
- ☐ Snacks, a water bottle and a phone charger
- ☐ Coins or a card for parking and vending machines
- ☐ A list of people to call or text with the happy news

Gentle questions to ask your care team

Bring these to a prenatal appointment. There are no silly questions. Your care team wants you to understand your choices.

1. When should I call you or come in once labor starts?
2. Who can be with me during labor: my partner, my doula, family?
3. Can I walk, change positions, eat and drink during labor?
4. What comfort options do you offer, such as a shower, birth ball or pain medicine?
5. If you suggest an induction or a cesarean, how will you explain my options?
6. Can my baby be placed skin to skin with me right after birth?
7. Is an interpreter available in my language, at any hour?
8. How will you help me with feeding my baby?
9. Can you respect my cultural or religious wishes, such as a female provider or time for prayer?

My notes

I am here for you

If you would like help preparing, your first consultation with me is free.

This guide is general information, not medical advice. Always follow your care team's advice. In an emergency, call 911.