

Birth Center Bag Checklist



For Labor:

- Birthing gown
- Bathing suit or sports bra
- Hair ties
- Hair Brush
- Light snacks
- Drinks
- Honey Sticks
- Chapstick
- Lotion
- Bathrobe
- Sandals
- Slippers
- Dark-colored socks
- Massage oils
- Essential Oils
- Soft Foam Roller
- Crystals
- Magazines or books
- Playlist



For Postpartum:

- Makeup
- Stretchy dark-colored pants
- Nursing bra
- Loose top for nursing
- Hoodie
- Postpartum padsicles
- Depends / Mesh Undies

For Baby:

- 2 outfits
- Hat
- 3 diapers
- 2 swaddle blankets
- Carseat already installed

For Your Partner:

- Swim Trunks
- Magazines or books
- Tablet or other entertainment
- Snacks

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