

What to Pack

Prepare two bags - one for labour and one for postpartum

FOR THE BIRTHEER'S USE DURING LABOR:

- Toothbrush and toothpaste
- "Disposable" warm socks (at least one extra pair) and slippers
- Water bottle with straw. Not too tall or else it won't fit under the water machine.
- Pillows from home (use brightly colored cases to distinguish from your birth place's linens)
- Yogurt, bananas and honey sticks for mom
- Personal focal point (a picture, flowers, a figurine) to focus on during contractions
- Lip balm
- Hair Ties

YOUR DOULA WILL BRING LOTS OF THINGS TO HELP WITH LABOUR COMFORT

FOR THE PARTNER'S USE:

- Grooming supplies (toothbrush, breath freshener, deodorant, shaver)
- Snacks.
- Sweatshirt, sweater or lightweight jacket (labor rooms are usually very cool)
- Change of clothes (in case of long labor)
- Camera and extra batteries or charger
- Extra copies of the Birth Plan printed
- Swimsuit so you can accompany the birther in the shower
- Chargers for all of your electronic equipment

FOR THE BIRTHEER'S USE DURING THE POSTPARTUM PERIOD:

- Cosmetics, toilet articles with extra toothbrush
- Going-home clothing (you will still be about 5-6 months pregnant-looking)
- Gowns that open in front for breastfeeding, (unless she prefers hospital gowns)
- Nipple Cream
- Tasty snack foods, such as fruit, nuts, cheese and crackers - her favorite treats
- Nursing bras
- Money for incidentals
- Witch Hazel (to put on sanitary pads or perineal packs -- see below)

FOR THE PARTNER:

- Toiletries
- Extra change of clothes
- Slippers

FOR THE BABY:

- Car seat
- Going home outfit (stretch suit is best -- must be able to use with carseat)
- Receiving blanket
- Outside blanket, bunting, booties and cap (in cool weather)
- Undershirt or onesie

[NOTE: Items for mother and partner during labor should be packed separately from items for mother and baby after the birth -- partner can exchange bags once mom is in the postpartum room.]