



I recommend packing for the phases and not schlepping everything in when you park the car. Have one "In-Labor" bag that you bring at admission that has all things needed until the birth. Then after the baby is born, someone can pop out to the car and get the second bag, the car seat and the nursing pillow.

## For the Car Ride

- Comfy pillow and blanket if it's cold, wear an adult Diaper, a dress/tunic, slippers and robe (pants are obnoxious), have a large ziplock bag for nausea and your water bottle!

## The "In-Labor" Bag

- For the Birthing Parent: Adult Diapers, tank top, swim top or sports bra for the tub if you are modest, bath robe and slippers
- For Coping with Labor: Essential Oils and Diffuser (no fire in hospitals!), LED candles, heating pad, things to manage long hair if applicable, childbirth class coping items and scripts, massage oils/lotions, TENS unit if needed.
- For sleeping if you are going for an induction or plan an epidural: Eye Mask and earplugs, your own pillow and a favorite soft blanket. Hospitals are bright, beepy and have scratchy linens!
- For Partner: Comfy pants, comfy shirts, extra underwear, pajamas, sleeping items
- Electronics and chargers for said electronics (tablets, streaming device, camera)
- Toiletry Bag: Include hygiene things for both parents and any medications.
- Paperwork File: Insurance and ID, Birth Preferences, Advance Directive/Living Will

## The "Post Baby" Bag

- For the Birthing Parent: 2 sets of postpartum pajamas, something that fit well in the second trimester, 2 nursing tank tops, one outfit and an adult diapers to go home in.
- For Partner: Comfy presentable clothes for meeting guests if desired, Pajamas!
- For Baby: One diaper and outfit with hat to go home in (size: N/"Newborn". Not 0-3)
- Nursing Pillow and Car seat and blanket

## Snack Bag

- Labor Snacks: Quick foods that can be minimally chewed, full of protein and quick carbohydrates, something you won't mind barfing up
- Fluids: Electrolytes for everyone!!!
- Partner Snacks: Something quickly eaten, energizing and filling, without leaving bad breath after its gone! Also: Caffeine. Lots of Caffeine.