

When preparing for a home birth, many midwives will suggest that you pack a "transfer bag" to use in the event that the birth takes a different route than originally planned.



## Packing a Transfer Bag

- Clothes for the birthing parent to wear home from the hospital after birth. Usually this is something that fit comfortably in the second trimester
- A nursing tank top or bra for nursing after birth.
- Your own medications, supplements, toiletries and comfort items, don't forget items for your partner!
- Charging cables for cell phones, computers and cameras
- Items for the baby such as an outfit to come home in, a special blanket for the carseat and any diapers you wish to use (hospitals have standard paper diapers)
- Items for your partner! They will likely need cozy outfit or two for sleeping in, and a change of underwear.
- The carseat should be installed in the car
- A copy of your transfer birthing plan and if you can, copies of your photo ID and insurance cards are helpful
- Snacks and drinks for birth for the birthing parent and the partner. Food is scarce in hospitals during the hours of 8pm and 6am so it's smart to bring your own. (protein bars, dried fruit, nuts)
- Since many of these items will likely be in use in your home during the birth, making a quick list of things to grab and setting it on top of the "go bag" can help your support team add what's needed before departure.



## A Transfer Birth Plan?

- A quick introduction: Who are you? Who's this baby? Does baby have siblings? Who are your support people? Include family, doula, photographer, friends and anyone else who might make an appearance.
- A quick overview of the birthing parent's obstetric history and any large fears or anxieties that either of you feel the hospital staff needs to know. This is a tool to help them help you, so it's best to make it specific!
- While you are likely transferring to utilize some of the tools they have available, admission to the hospital does not always mean that you will be required to have all of the interventions. Creating a statement along the lines of "we would like time to discuss our options when something is offered" will help them know that you want to remain involved.
- Many of the things you planned for postpartum and immediate infant care can be honored at the hospital! Include your wishes regarding skin-to-skin time at birth, delayed cord clamping, eye ointment, vitamin K injection, feeding plans, placenta plans and even your partner's involvement in catching the baby and cutting the cord.
- Bottom line: there's no harm in throwing it all out there and seeing what sticks!