



What to Pack in Your Birth Bag

Your hospital & birth-center checklist

ESSENTIALS

- ☐ Photo ID & insurance card
- ☐ Printed birth preferences
- ☐ Medication & allergy list
- ☐ Medications: check with care team
- ☐ Glasses & contact supplies
- ☐ Phone & long charging cord
- ☐ Folder for discharge paperwork

LABOR & COMFORT

- ☐ Loose labor outfit or gown
- ☐ Robe, socks & nonslip slippers
- ☐ Shower shoes
- ☐ Hair ties, brush & lip balm
- ☐ Toothbrush, toothpaste & deodorant
- ☐ Water bottle with a straw
- ☐ Plenty of snacks: honey sticks & fruit
- ☐ Coconut water, juice & broths
- ☐ Meals for your partner
- ☐ Small fan, music & headphones
- ☐ Favorite pillow & eye mask

AFTER BIRTH

- ☐ 2 comfortable pajama sets
- ☐ Front-opening top for feeding
- ☐ Soft bra or nursing bra
- ☐ Nursing pads, if desired
- ☐ Nipple balm, if desired
- ☐ Loose going-home outfit
- ☐ Comfortable underwear*
- ☐ Postpartum pads*
- ☐ Wet bag for used clothing

FOR YOUR BABY

- ☐ 2 outfits, including going-home outfit
- ☐ Consider newborn & 0-3 month sizes
- ☐ Socks & weather-appropriate layers
- ☐ Blanket for the trip home
- ☐ Burp cloth
- ☐ Diapers & wipes*
- ☐ Rear-facing car seat installed

YOUR SUPPORT PERSON

- ☐ Change of clothes & warm layer
- ☐ Comfortable shoes
- ☐ Toothbrush, deodorant & medications
- ☐ Glasses or contact supplies
- ☐ Snacks & refillable water bottle
- ☐ Phone & charger
- ☐ Swimsuit for shower or tub support
- ☐ Pillow or light blanket, if desired

BEFORE YOU LEAVE

- ☐ Confirm what your birth location provides
- ☐ Ask about feeding supplies & pumps
- ☐ Check parking & overnight policies
- ☐ Save care-team & doula numbers
- ☐ Keep fuel in your vehicle
- ☐ Grab phone, glasses & medications
- ☐ Leave room for take-home supplies

YOUR BIRTH ROOM SETTING

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|--|---|
| ☐ Speakers | ☐ Essential oils |
| ☐ LED candles | ☐ Books or Kindle |
| ☐ Salt lamp | ☐ Card deck & games for longer stays |
| ☐ Aromatherapy diffuser | ☐ Picture frames or affirmation cards to place around the room |

Check your birth location's policies for plug-in items and fragrances.

*Ask first: many hospitals provide postpartum pads, disposable underwear, diapers & wipes.

Birth-center supplies vary. Pack what helps you feel comfortable and supported.

Birth & postpartum support in Minneapolis-St. Paul

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