

Things to pack

In the case of transfer, planned birth center birth, or planned hospital birth.

If planning a home birth you still need to pack a bag for yourself, baby, and your partner in case of transfer. This doesn't mean your planning to transfer, just prepared so you or your partner are not running around collecting things while in the middle of plans changing.

This includes an easy to slip on outfit by the door with a pair of slip on shoes or good walking shoes that aren't packed in the bag for mom to easily put on no matter what part of labor her plan possibly changes during.

Things for you and your partner

- 2 pairs of cozy pajamas (one warm, one cool and both easy to breastfeed in for mom)

- 2 changes of clothes, one for leaving the hospital, and a spare for anything else that happens. 3 for dad since he's wearing normal clothes the whole time. Also I strongly encourage the choice to rock that diaper by itself and be naked during rest. You had a baby and no one should tell you otherwise that you have to wear clothes in the room. If it makes you feel more comfortable and cozy to be clothed then pack some favorites and enjoy.

- Id, insurance, money you may need, a copy of birth plan, and a cooler if you're taking your placenta home.

- Any of your daily hygiene routine you want. Go through this list for yourself and again for your partner.
    - tooth brush
    - toothpaste
    - Hair brush
    - Pony tails
    - Blow dryer if that's important to you.
    - hair oil or anything you use daily.
    - Q-tips (always loved but forgotten)

    - lotion if you want a foot massage. (Also an excuse for a foot massage) "hey I brought this lotion maybe we should at least use it once could you massage my feet"
    - Bar of soap or body wash in travel bottle
    - Shampoo in travel bottle
    - Conditioner in travel bottle
    - Your after herbal bath mix if you have one for a bath and if available or shower steamers
    - Deodorant
    - Mouthwash
    - Floss
    - Razor for husband for facial hair if he's used to that or you maybe it's finally time to shave those pits or legs you couldn't see. More power to you though if you choose to be hairy and rock that diaper postpartum, I did!
    - Face wash
    - Contact lense case and solution
    - Glasses cleaner and glasses

- Padsicles if made or bought I highly recommend these for that hot and tender aftermath.

- A massage tool of some sort if you have one for after birth or during labor sometimes.

- Phones and chargers, bonus if you bring a portable power bank.

- A robe, cozy socks or socks with grips for walking during labor, some hospitals provide grip socks.

- Nursing bras, 4 pairs big underwear I'm talking granny panties for over that diaper or for large pads, nursing bra pads. Nipple cream.

- Chapstick, any makeup you want

- Drinks like electrolytes to add to water, a good water bottle you like or not hospital provides one usually, coconut water, etc.

- Pillows, towels, favorite blanket, wash cloth or loofah.

- Adult diapers that are more comfortable than the provided ones

- Speaker, headphones, etc

- Pediatricians contact information, phone number and fax number for transferring records.

- lots of snacks for partner and postpartum.

- Bonuses- portable fan, extra battery pack, portable diffuser, essential oils, birth affirmation print outs, fake candles, fairy lights, etc anything to make you more comfortable and at peace. Pump or haakaa just in case. Some form of entertainment for partner like book, laptop, etc but I recommend being in the moment for a few days and no electronics besides photos or contacting family if you must. Lots of moms get mad at dads for being on their phones the whole time during labor.

Things For Baby

- First outfit

- Hat, mittens, socks

- 2 onsies, 2 footies, sleeper sacks if wanted. Babies are messy

- Baby Nail clippers if wanted or use your teeth to bite them off they are tiny and soft.

- Nose suction of choice for any boogers, hospital has one as well.

- Bottles, formula, and formula warmer if not breastfeeding

- Diapers and wipes if you have a specific brand you want, hospital will provide otherwise.

- Carseat (Yakima Police Station if you call and ask will show you how to install your car seat for free. If you are trying to find one for your local town, call the health department and see if they can direct you or try calling the police department, or fire departments. One of those three should know who does it.

Try to pack all these in one or two bags so your partner isn't being a pack mule and unable to help you walk or have a contraction during check in. One bigger suitcase is wonderful with wheels to make it easy. Feel free to throw in any organizational things like ziplocks or cool ways to fold your clothes into one nice tucked in outfit. This is the super complete list, anything you feel you can go without then don't worry about bringing it, most of these things aren’t necessities.