Birth Center Bag Checklist

For Mom

- Pajamas (2)
- Socks (3)
- Slippers/shower shoes
- Nursing bras/tanks (3)
- L&D Gown
- Robe and bathrobe
- Coming Home outfit
- Make Up/Lip Balm
- Brush/Hair ties/headbands
- Fridamom things & underwear
- Toiletries & toothbrush
- Swimsuits (2)

For Birth Partner

- Change of clothes
- Toiletries
- Swim trunks
- Snacks and gum

Important

- Birth Plan/Binder
- Massage Lotion/Oil

For Baby

- Going home outfit
- Extra Outfits (2)
- Socks/Hats/Bows
- Swaddles
- Nursing Cover
- Carseat
- Diapers/wipes

Extras

- Phones and phone charger
- Labor Support Gifts
- Ziplock bags
- Cooler (for placenta)
- Google Home for music
- Food & drinks: popsicles, cheesesticks, gatorade, juice, honey, dried fruit, applesauce, chocolate, energy bites, water