

# What to pack in the birth bag?

You may be thinking about what to bring to a birth. Your clients may ask you what they should pack/have on hand for their labor.

If you like, you can give parents a copy of the list below. No matter where they are birthing, clients will want to gather labor coping/support tools. For those birthing outside of the home, it's worth remembering that they may need those tools while they are still at home, so they may want to pack a coping/support bag that is separate from their "go bag." It may be helpful, also, to check with the hospital/birth center as to what supplies will be available there (such as a birth ball, for example). For those birthing at home, home birth midwives generally provide a list of supplies necessary for the birth itself; clients can of course choose their preferred coping/support tools as well. It might also be wise for home birth parents to pack a bare-bones "go bag" in case of transport. In short, while this list contains suggestions and ideas, the specifics of what people choose to pack for labor/birth center/hospital will vary depending on their specific situations and preferences.

*(list begins on following page so that you can print and give it to clients if desired)*



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## Items for doulas to consider bringing for labor support:

### Personal items

- ☐ Change of clothes
- ☐ Layers (hoodie/sweater, scarf, etc.)
- ☐ Toiletries
- ☐ Medications (prescriptions, Tylenol/Ibuprofen for support team)
- ☐ Phone charger
- ☐ Earbuds/headphones
- ☐ Deck of cards, book, or other things to do (especially in case of induction which can be lengthy)

### Snacks (*for yourself, pregnant person, and their support team*)

- ☐ Non-perishable, easy-to-eat snacks (granola bars, fruit, dried fruit, instant oatmeal packets, dried broth packets etc.)
- ☐ Non-perishable meals for support person/people (instant soups and other meals you add hot water to work great!)
- ☐ Water/sports drinks/coconut water
- ☐ Hot beverages (tea bags, instant coffee packets, instant soup packets, etc.)
- ☐ Hard candies (for throat soothing or nausea; consider cough drops, sour candies, ginger candies, etc.)
- ☐ Gum/mints

### Labor support items

- ☐ Birth ball
- ☐ Massage tools
- ☐ Massage oil/lotion
- ☐ Length of cloth for position support, counterpressure, etc.
- ☐ Essential oils/essential oil wipes/ziplock bag (cotton balls are useful for this)
- ☐ Bendy straws
- ☐ Hot/cold pack supplies (hot water bottle, rice sock [if birth location has a microwave], frozen plastic water bottle, large ziploc bags for ice, etc)
- ☐ Combs/textured balls for gripping
- ☐ Objects/images for ambiance/focal point (battery-operated candle, small labyrinth image, etc.)



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- ☐ Music-listening supplies (pre-made playlists, portable speaker, etc. -- coordinate with your clients)

## Items to consider having for labor:

### Personal Items

- ☐ Robe
- ☐ Slippers/flip flops
- ☐ Comfortable pajamas (*consider nurse-ability; a nightgown/nightshirt style with no pants to climb in and out of*)
- ☐ Layers (*hoodie/sweater, scarf, etc.*)
- ☐ Warm socks
- ☐ Clothes to go home in
- ☐ Toiletries
- ☐ Comfortable underwear
- ☐ Nursing bra
- ☐ Breast pads
- ☐ ID, insurance card, wallet
- ☐ Birth plan/birth preferences sheet
- ☐ Emergency contact list
- ☐ Extra long phone charger and plug
- ☐ Pillow

### Labor Coping Items

- ☐ Non-perishable snacks and drinks
- ☐ Lip balm
- ☐ Extra hair ties/stretchy headband
- ☐ Bendy straws
- ☐ Music: pre-made playlists, speaker, earbuds, etc.
- ☐ Birth ball
- ☐ Massage tools
- ☐ Massage oil/lotion
- ☐ Objects/images for ambiance/focal point (*photos, birth art, meaningful objects, mantra/affirmation cards, etc.*)
- ☐ Essential oils/essential oil wipes
- ☐ Hot/cold pack supplies (hot water bottle, rice sock [if birth location has a microwave], frozen plastic water bottle, large ziploc bags for ice, etc)

### For Baby

- ☐ Outfit to take baby home in
- ☐ Diapers/wipes, baby hat, swaddling blankets (*hospital/birth centers typically provide these as well*)
- ☐ Nursing pillow
- ☐ Car seat (*installed ahead of time*)

### For Support Person/People

- ☐ Pajamas
- ☐ Change of clothes (*consider a button or zipper up top for easy skin to skin*)
- ☐ Layers (*hoodie/sweater, scarf, etc.*)
- ☐ Warm socks/slippers
- ☐ Pillow
- ☐ Toiletries
- ☐ Snacks
- ☐ Phone Charger
- ☐ Hospital paperwork
- ☐ Wallet, ID