

Hey Mami!

WHAT TO PACK IN YOUR DELIVERY BAG

ADMIN+TECHNOLOGY

- ID and Insurance Card for Check-In*
- Portable Speaker, Earbuds or Headphones
- Smartphone and/or Computer with Chargers
- Tripod to Hold Your Phone
- Pen and Stationery
- Gift/Goodies for the Labor and Delivery Nurses
- Big Sister/Brother Gift*

LABOR

- Birth ball, Rebozo, Anything Needed for Positioning
- Birthing Gown
- Bathing Suit
- Essential Oils
- Playlist/Recorded Affirmations/Hypnotracks, etc.
- Hard Candies
- Nourishment

TOILETRIES

- Hair Ties
- Lip Balm
- Skin Care
- Toothbrush, Toothpaste and Floss
- Deodorant
- Travel Size Shampoo, Conditioner and Body Wash
- Blow Dryer and Hair Brush
- Makeup Essentials*
- Night Guard*
- Glasses*
- Contacts and Lens Solution*

• If Applicable

POSTPARTUM CARE

- Heating Pad
- Natural Medicine
- Rx and OTC Medications
- Postpartum Underwear
- Super Absorbency Maxi Pads
- Peri Bottle
- Witch Hazel Medicated Pads
- Perineal Spray
- Instant Ice Maxi Pads

BREASTFEEDING

- Nipple Cream
- Nursing Bra or Tanks
- Nursing Pads
- Nursing Pillow
- Hand Pump

GENERAL COMFORT

- Pillow
- PJs
- Robe
- Slippers and a couple pairs of comfy socks
- Comfy clothes for going home

BABY

- Baby Clothes
- Swaddles
- Baby Blanket
- Diapers and Wipes
- Cold Weather Gear*
- Car Seat