



# Labor & Postpartum Bag Checklist

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As doulas, we are often asked about what to pack for labor. We recommend that our clients pack two bags. One bag for labor and another for their postpartum recovery. This minimizes the amount of bags that need to be carried into the hospital upon admission. Once the baby is born, the postpartum bag can be brought into the postpartum room, and the labor bag moved to the car.

## LABOR BAG

### Important Documents

- Insurance Card
- Driver's License/Photo ID
- Birth Plan/Wishes

### For the Mother

- Toiletries/Self Care Items
  - Toothbrush/Toothpaste/Deodorant
  - Hairbrush/Hair Ties
  - Contact Care Supplies/Glasses
  - Hard Candy/Suckers
  - Any Daily Maintenance Medications  
\*Pack these in their original bottles.\*
- Labor Clothes
- Flip Flops/Slippers
- Massage Oils/Lotion/Massage Tools
- Pillow - Colored Pillowcase Recommended
- Water Bottle/Snacks/Drinks

### For the Partner

- Toiletries/Self Care Items
  - Toothbrush/Toothpaste/Deodorant
  - Change of Clothes/Comfortable Shoes
  - Contact Care Supplies/Glasses
  - Swim Trunks/Suit
  - Sweater/Jacket/Hoodie
- Cash for Food/Vending Machines

### Electronics/Technology

- Camera/Video Camera
- MP3 Player/Music
- Phone/Tablet/Camera Chargers

## POSTPARTUM BAG

### For the Mother

- Two Piece Pajamas/Nursing Gown/Robe
- Nursing Bra/Loose Fitting Sports Bra
- Roomy Underwear
- Outfit to Wear Home
- Nursing Pillow
- Nursing Pads
- Warm Socks - Non-Slip

### For the Partner

- Change of Clothes/Underclothes
- Pajamas/Sweatpants/T-Shirt/Hoodie
- Water Bottle/Snacks/Drinks
- Daily Maintenance Medications

### For the Baby

- Car Seat - Installed
- Swaddling Blanket(s)
- Diapers/Wipes  
\* If you have a preferred brand/type.\*
- Socks/Booties
- Going Home Outfit

### Miscellaneous Items

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Packing Pro Tip: We recommend that the partner pack the labor and postpartum bags so they can easily locate items as needed or requested.



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