

Labor & Postpartum Bag Checklist

Clients often ask about what to pack for the birth of their baby and the postpartum stay. We recommend that our clients pack two bags. One bag for labor and another for their postpartum recovery.

LABOR BAG

Important Documents

- Insurance Card
- Driver's License/Photo ID
- Birth Preferences

For the Birthing Person

- 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
- Heating Pad

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
- Snacks

Electronics/Technology

- Bluetooth Speaker
- Camera/Tablet/Phone and Chargers

POSTPARTUM BAG

For the Birthing Parent

- 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

-
-
-
-
-
-
-
-

Packing Pro Tip:

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