

FOURTH TRIMESTER CHECKLIST



Comfortable Bra

Water Bottles

Postpartum Belt Support

Comfortable Panties

Snacks for Mom

Arnica for Pain Relief

Overnight Pads

Nipple Cream

Baby Carrier or Wrap

Overnight Underwear

Alcohol Pads

Breast Pump

Peri Bottle

Journal & Pen for Notes

Breastmilk Storage

Epsom Salts

Care Tracking App

Breast Pump Bag

Witch Hazel Pads

Hair Ties

Baby Wipes

Lip Balm

Breast Pads

Sitz Bath

Receiving Blankets

Natural Stool Softener



NOTES FOR ADDITIONAL SUPPLIES: