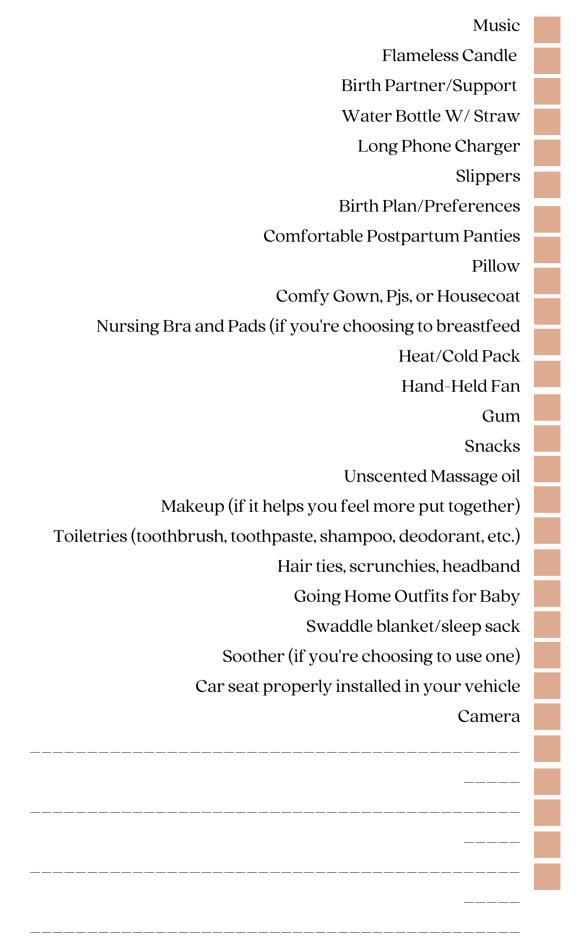
Hospital Birth Checklist





Homebirth Checklist



Midwives Home Birth Checklist (pool, blue pads, etc)	
Flameless Candle	
Music	
Water Bottle W/ Straw	
Birth Partner/Support	
Birth Plan/Preferences	
Comfortable Postpartum Panties	
Nursing Bra/pads (if you're choosing to breastfeed)	
Heat/Cold Pack	
Hand-Held Fan	
Gum	
Snacks	
Massage oil	
Toiletries (toothbrush, toothpaste, shampoo, deodorant, etc.)	
Hair ties, scrunchies, headband	
Swaddle blanket/sleep sack	
Soother (if you're choosing to use one)	
Activities for the kids (if you have other children who will be present at the birth	
Essential Oils and Diffuser	
Laundry Baskets	
Dark Sheets on your bed	
Hospital Transfer Bag Ready	