

Hospital Birth Checklist



- Music
- Flameless Candle
- Birth Partner/Support
- Water Bottle W/ Straw
- Long Phone Charger
- Slippers
- Birth Plan/Preferences
- Comfortable Postpartum Panties
- Pillow
- Comfy Gown, Pjs, or Housecoat
- Nursing Bra and Pads (if you're choosing to breastfeed)
- Heat/Cold Pack
- Hand-Held Fan
- Gum
- Snacks
- Unscented Massage oil
- Makeup (if it helps you feel more put together)
- Toiletries (toothbrush, toothpaste, shampoo, deodorant, etc.)
- Hair ties, scrunchies, headband
- Going Home Outfits for Baby
- Swaddle blanket/sleep sack
- Soother (if you're choosing to use one)
- Car seat properly installed in your vehicle
- Camera
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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
