



Birth Bag Packing List



Birthing Person

Socks
Slippers
Robe
Nightgown
Underwear
Maxi Pads
Wash Cloths
Headphones
Water bottle with straw
Nursing Bra or Tank-Top
Comfortable change of clothes (2/3 days)



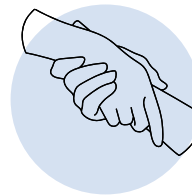
Partner

Birth Plan
IDs
Insurance cards
Cash
Blanket
Pillow
Pajamas
Change of clothes



Baby

Diapers
Baby Wipes
Burping Cloth
Blanket
Socks
Car Seat
Onesie or Going home Outfit



Birth Team

Birth Plan
Honey sticks
Humidifier
Chapstick
Massage items
Nursing pillow
Blanket
Birthing Ball
Essential Oils
Hot and Cold packs
Change of clothes



Collective Items

Favorite Snacks
Water
Music Playlist
Speakers
Toiletries
Phone chargers