



# Hānau Doula

Supporting Families Through Birth & Beyond

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## Packing Your Bags

### Client

- Nightgown
- Robe
- Outfit for home – stretchy and comfortable
- Sports bra
- Something to wear in the water/tub
- Nursing bra
- Socks, grip bottoms
- Shower slippers, flip flops
- Toiletries
  - Toothbrush and toothpaste
  - Hair brush/ comb
  - Shampoo and conditioner
  - Deodorant
  - Shower gel or soap
  - Lotion
  - Contact solution and case (if applicable)
  - Hair ties
- Sanitary pads or disposable underwear
- Underwear – loose and stretchy
- ID, insurance information, other personal documentation
- Pillows
- Nursing pillow
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Other

- Phone chargers
- Camera
- Tablet or other devices
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Partner

- Comfortable clothes
- Swimwear
- Change of clothes
- Sweater
- Socks
- Shower slippers, flip flops
- Pillows & blanket
- ID, insurance information, other personal documentation
- Toiletries
  - Toothbrush and toothpaste
  - Hair brush/ comb
  - Shampoo and conditioner
  - Deodorant
  - Contact solution and case (if applicable)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Baby

- Newborn outfit, recommend footed PJs
- 0-3 month outfit, recommend footed PJs
- Hat
- Swaddling blanket
- Diapers (optional, provider may have these)
- Wipes (optional, provider may have these)
- Carseat

### Other

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_