

LABOR ITEMS *checklist*

FOR MOM:

- Nursing gown / pajamas
- Yoga pants, nursing tops and/or dresses
- Nursing bra
- Bamboo nursing pads
- High waisted, cotton underwear
- Towels
- Postpartum belly wrap
- Clothes & shoes to wear home
- Contacts / solution / glasses
- Toothbrush / toothpaste
- Shampoo / conditioner
- Dry shampoo
- Dryer / hairbrush
- Body wash
- Face wash
- Moisturizer
- Deodorant
- Makeup
- Prenatal vitamins / medicines
- Nipple cream
- Aftershave
- Fridamom peri bottle
- Perineal spray

GENERAL:

- Ids
- Insurance cards
- Camera / memory card
- Extra long chargers
- Breastfeeding pillow
- Breast pump

FOR LABOR:

- Labor gown / robe
- Pillow / colored pillowcase
- Hair ties
- Lip balm
- Always Discreet adult underwear
- Slippers / sticky socks
- Shower shoes
- Twinkle lights / flameless candles
- Diffuser / essential oils
- White noise machine
- Headphones
- Sleep mask
- Music playlist / birth apps
- Affirmation cards
- Handheld fan
- Handheld massager
- Portable speaker
- Heating pad
- TENS unit / extra pads
- Birth ball / Squatty Potty
- Water bottle
- Snacks
- Birth plan

FOR BABY:

- Carseat
- Onsie / gowns
- Outfit for going home
- Hat / mittens / socks
- Swaddle
- Baby book for footprints

*Check out all of my personally recommended essentials here: amazon.com/shop/bydesignbirthdoula
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