



Birth Center Packing Checklist

Our birth suites come prepared with basic comfort items such as essential oil diffusers/oils, birth balls, birth stools, and speakers.

Please consider packing the following items for your upcoming birth:

For the Momma:

- Comfortable clothing for labor and birth (Ex: T-shirt, sports bra, labor gown, skirt)
- Slippers or flip flops, comfy socks
- Swimsuit top or sports bra for the tub
- Comfortable and loose going home outfit
- Hair ties and headband, Hairbrush
- Toiletries (Ex: face and body wipes, deodorant, toothbrush and toothpaste, mouthwash, lotion, chapstick)
- Glasses or contact lenses/case
- Water bottle and beverages (Ex: Juice, Coconut water, Electrolyte drinks)
- Snacks (see below)
- Hot rice bag or sock
- Bath pillow if desired
- Massage items (Ex: Tennis/lacrosse ball, rolling pin, massage oil)
- Comfort Items (Ex: Favorite pillow or blanket, prayer beads, meditation stone, affirmation cards, special photograph)
- Phone Charger
- Cooler for placenta (if planning to keep)

For the Partner:

- Comfortable change of clothes
- Sweater or Jacket
- Swimsuit/Trunks
- Toiletries (Deodorant, Mouthwash)
- Medications or other needed personal items
- Phone charger
- Snacks

For Baby:

- Going home outfit (bring a couple size options)
- Receiving blanket (one keepsake receiving blanket is provided by New Birth Company)
- Diapers and wipes
- Car Seat (car seat base already installed in car)
- Nursing Pillow if desired
- \$40 cash or check for birth certificate filing fee

Snack and food ideas for labor and birth:

- Fresh fruits
- Fruit popsicles
- Dried fruits
- Trail mix
- Peanut butter and apple
- Frozen Grapes
- Yogurt
- Honey sticks
- Favorite soup
- Sandwiches
- Rotisserie Chicken
- Pre-made wraps or burritos

For Postpartum (Have at home):

- Mesh disposable underwear or Briefs
- Large absorbent menstrual pads
- Perineal Cold Packs/Homemade Padsicles
- Witch Hazel medicated cooling pads
- Dermoplast spray if needed
- Ibuprofen, Tylenol, or Naproxen if needed
- Nipple cream
- Hydrogel pads for sore nipples if needed

Reminder: Make sure to save the Midwife On Call phone number in your phone and your partner's phone in advance.

(816) 877-3441