



Packing List for the Birthing Center

For you

- Clothes:** Comfy clothes, socks, pajamas, slippers and robe, sports bra or tube top for tub, nursing bra, clothes to go home in (what you wore when you were 5 months pregnant will probably be most comfortable)
- Toiletries:** Enough for 2 nights for vaginal delivery, 3 nights for c-section
- Pillows:** Many people like to bring their own pillows. Put on recognizable (non-white) pillowcases so they do not get mixed in with our pillows!
- Labor comforts:** hair ties, water bottle, chapstick, aromatherapy oils
- Entertainment:** Speaker for music, phone, computer, chargers, music, books
- Inspiration:** Photos, labor affirmations
- Food:** We will feed you, but there is a fridge in the room and you are welcome to bring your own food/snacks, things we may not have
- _____
- _____

For Partner

- Clothes:** Changes of clothes, swimwear for tub, pajamas, slippers
- Toiletries**
- Medications:** Tylenol, ibuprofen, or other medication needed
- _____
- _____

For Baby

- Clothes:** Outfit to go home in, hat, socks
- Car Seat**
- Baby blanket**
- _____
- _____

To have ready at home: Maxi pads, ibuprofen and Tylenol, stool softener (docusate)