

# WHAT TO PACK CHECKLIST

[www.reddeerdoulaassociation.com](http://www.reddeerdoulaassociation.com)

## HOSPITAL BIRTH

- Music
- Flameless Candles
- Dream support team!
- Birth preferences list
- Phone charger
- Water bottle with straw
- Slippers or sandals
- Postpartum panties
- Nursing bra
- Lounge gown
- Robe
- Hair tie and bobby pins
- Toothbrush
- Contact case or glasses
- Snacks
- Gum
- Chapstick
- Going home outfits for mom and baby
- Camera
- Carseat
- Hat for baby
- Socks for birther and baby
- Pillow (optional)
- Swaddle blanket for baby

## HOMEBIRTH

- Midwives homebirth checklist
- Music and bluetooth speaker
- Flameless candles, or string lights
- Support team (and phone numbers)
- Water bottle with straw
- Postpartum panties or adult diapers
- Robe
- Heat pack
- Fan
- Snacks
- Tens machine or massage oil (optional)
- Diffuser and essential oils (optional)
- Birth pool
- Dark sheets and plastic for bed
- Blue pads, garbage bags
- Mirror, net, thermometer, for pool
- Peri bottle
- Hospital transfer bag

NOTES