

Packing Your Birth Bag

SOME ESSENTIALS:

- Birth preferences/plan
- Any important documents & phone lists (OHIP Card, extended insurance, etc.)
- Medical binder or envelope
- Pre-registration forms from the hospital
- Phone & charger
- ID & wallet
- Hairbrush, hair clips/ elastics, toothbrush
- Glasses/ contacts & other toiletries

FOR DISTRACTION:

- Music (& bluetooth speaker)
- Movies & Games
- Magazines & Book
- Pens, colouring pencils, paper

YOUR ENVIRONMENT:

- Tea lights (LED)
- Aromatherapy (on some fabric & in ziplock bags)

NOURISHMENT:

- Water bottle with a straw/ spout
- Labour Aid/ Electrolyte drink
- Tea, juice, smoothies
- Gum, mints, lollipops or hard candy

PHYSICAL COMFORT:

- Massage tools - balls, rollers etc.
- Hot/ Cold packs
- Rebozo (I'll lend you one!)
- TENS machine
- Creams, oils, lip balm
- Extra pillows & eye mask (or sun glasses)
- Yoga mat
- Comfortable clothing (extra socks, slippers / flip flops, nursing bra & nursing pads/ silverettes, maternity clothes for going home - approximate the size of six months pregnant), adult diapers/ mesh panties or overnight pads & granny panties.

- Affirmations
- Talismans- anything that you think will aid in your focus during labour & delivery.

There can be a lot of "hurry up and wait" at hospitals - pack distractions & entertainment!

- Comfort items from home - pictures, paintings, figurines, mementos you think will aid in your focus during labour & delivery.

- Snacks - protein balls, nuts, dried fruit, honey sticks, cut fruit
- Pre-made comfort food for after your birth.

The items on these lists are just suggestions based on previous experiences. You may want more/ less items. I highly recommend packing ONE large roly-bag suitcase with a bag for each family member within the suitcase, and a backpack for essential/ quick access items. If you are going to a hospital you will likely move from area to area/ room to room a few times, so keep it simple and contained.

Remember, you'll have to carry a car seat & baby(ies) when you leave too!

Partner & Baby(ies)

PARTNER/ CHOSEN SUPPORT PERSON:

- Wallet & cash/ change for the vending machines
- Phone & Charger
- A pillow
- Comfortable shoes & slippers
- Swimsuit, flip flops for supporting in the tub or shower
- All your usual toiletries
- Camera/ Phone
- A few changes of clothes (hospitals can be cold, even in the summer, bring layers)
- Several meals & snacks

PACKING FOR BABY(IES):

- Hat & Sweater
- Onesies & Sleepers
- Sleepers
- Socks or booties
- Receiving blankets - for car seat.
- Diapers, wipes/ washcloths
- Olive/ Coconut oil (for their bottom)
- Nail file/ infant nail clipper
- Soothers & bottles (if you plan on using these)
- Car seat

You may want to pack more than one outfit for baby in different sizes - you never sure how big baby(ies) will be!

