

Maternity Checklist

Use this maternity checklist as a starting point

Important

- ID
- Insurance information
- Important contacts
- Birth plan
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Clothes and comfort

- Clothes for 2-3 days
- Labor Gown
- Robe
- Socks
- Flip flops, slippers
- Pillow and blanket
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Toiletries

- Toothbrush and toothpaste
- Hair brush and hair tie
- Shampoo and conditioner
- Deodorant
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For the delivery room

- Snacks & beverages
- TENS machine
- Affirmation cards
- Essential oil
- Perineal massage oil
- Your favorite playlist
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Post delivery care

- Perineal cold packs
- Disposable underwear
- Peri bottle
- Nipple cream
- Nursing bra, Breast pads
- Witch Hazel Foam
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For the Baby

- Diapers and wetwipes
- Baby outfits, mittens, and hats
- Pacifiers
- Car seat
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