

# Checklist for your labor and birth experience



## For you and your labor

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- Identification (driver's license, passport, ID card)
- Insurance/health care coverage information
- Your birth plan
- Personal items you choose to use during your labor such as music, massage oils, fans, warm compresses, etc.
- Comfortable clothes and sports bra (if desired) to wear during labor
- Comfortable or disposable underwear (preferably large enough to hold a maternity pad)
- Socks to keep your feet warm
- Drinks to keep you hydrated. Tip: **Hydralyte** is a great tasting and effective rehydration option
- Snacks to keep your energy levels up (choose light foods that are easy to digest such as yogurt, energy bars, or fruit)
- Mints/candies, honey straws to savor during labor – for when you need that instant hit of energy!
- Lip balm and hand lotion
- Tissues
- Head bands or ponytail holders
- Camera, phone, and chargers/extra batteries
- Money for parking/food
- Pen and paper

The items you need or desire for a planned home birth will vary. We encourage you to discuss this with your midwife specifically as there is usually a list they can provide to you.

## For your support person/partner

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- Snacks and drinks
- Change of clothes
- Swim trunks if there is a labor tub
- Comfortable clothes, pillow, slippers if staying overnight
- If siblings are attending the birth, be sure to bring books/activities for them

## For after you have your baby

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- Casual clothes that are not tight around your waist
- Pajamas with a front opening for easy breastfeeding
- Robe and slippers
- Maternity bras
- Nursing pads
- Your own pillow
- Toiletries including hairbrush, shampoo, conditioner, contact lens case and solution, soap, deodorant, moisturizer, toothbrush, toothpaste (travel sized products are nice)

## For your baby

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- Diapers
- Clothes such as kimono style tees, onesies, sleepers, hat, hand mitts, receiving blankets, and an outfit and outerwear for the ride home
- Baby book (include details, baby's footprints, and have the midwife and others at the birth write in their personal reflections)
- If you plan to bottle feed, please speak with your midwife about what you may want to bring with you

## Going home with your baby

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- Infant car seat that meets current safety standards and that you know how to install in the car

