



Labour, Birth & Postpartum Doula

What to pack for you!

Packing your hospital bag can feel overwhelming. What if I don't bring enough? What if I bring too much? Will the nurses judge me for what I do or don't bring?

Here are a few tips and tricks for you to use as a checklist & suggestions for what to bring to the hospital or birthing centre for you!

Expect to stay in the hospital for 24-48 hours after birth depending on the type of delivery you have.

- ☐ Weekender Bag
- ☐ Robe
- ☐ Loose Pajamas
- ☐ Socks
- ☐ Flip Flops for shower
- ☐ Slippers with rubber soles
- ☐ Going home clothes- think loose clothing
- ☐ Nursing bra/tank top
- ☐ High waisted underwear

Toiletries

- ☐ Hair Brush
- ☐ Scrunchies/ Elastics/ headbands
- ☐ Shampoo/ Conditioner
- ☐ Body Wash
- ☐ Washcloth
- ☐ Towel
- ☐ Face cream
- ☐ Deodorant
- ☐ Makeup
- ☐ Toothbrush/Toothpaste

Extras

- ☐ Reusable Water Bottle
- ☐ Snacks - think fruits, granola bars etc
- ☐ Pillow
- ☐ Phone
- ☐ Phone Charger
- ☐ Polaroid Camera
- ☐ Welcome signs

Happy Packing!