

Essentials & Extras

1. For the birthing person
2. For the birthing partner
3. For the newborn baby



Beautiful Blessings
— BIRTH SERVICES —

1.) For the birthing person

- 1 underwire-free bra (sports bra)
- 2 nursing bras
- 5-6 pairs of full-bottom underwear (1-2 sizes up)
- 1-2 pairs of cotton pyjamas
- 2-3 loose-fitting tops & yoga pants
- robe/housecoat
- 1-2 pairs of warm socks
- slippers
- flip flops
- going home outfit

- wallet + DL
- cash + credit card(s)
- AHC number or card
- birth plan (if preferred)

2.) For the birthing partner

- 1-2 zip-up/button-up hoodies
- 1-2 button-up shirts (cotton or flannel)
- * front open shirts are for skin-to-skin *
- robe/housecoat
- pyjamas
- slippers
- flip flops
- going home outfit

- wallet + cash + credit card(s)
- change for vending machine(s)

- fully-stocked travel toiletries
- cosmetics bag
- hair care products
- nipple cream
- disposable or washable nursing pads
- depends or heavy flow sanitary pads
- 2 chapsticks
- deodorant
- extra hair ties/scrunchies
- tucks medicated wipes
- prenatal vitamins

- pillow
- water bottle
- SNACKS (high fat, high protein)
- cell phone charger + long cord
- headphones

- toiletry bag + razor
- pillow
- water bottle
- cell phone charger + long cord
- ipad
- book(s)
- camera + SD card(s)
- headphones
- medications (Tylenol, etc.)
- 2-3 reusable grocery tote bag(s)
- notebook + pens
- SNACKS

