

# BIRTH BAG PACKING LIST

ANNAPOLIS  
*area*  
DOULAS

## For labor:

- ID and insurance card
- Focal point object (picture, quote, etc.)
- [Labor and delivery gown](#)
- [Rebozo](#)
- [Cooling towel](#)
- [Handheld fan](#)
- [Sleep mask](#)
- [Ear plugs](#)
- [Birth comb](#)
- [Tens unit](#)
- [Flameless tea candles](#)
- [Twinkle lights](#)
- [Massage oil](#)
- [Massage tool](#)
- [Essential oils](#)
- [Cotton rounds for essential oils](#)
- Heating pad:
  - [Electric](#)
  - [Microwaveable](#)
- Music or relaxation tracks
  - [Headphones](#)
  - [Speaker](#)
- Chargers with extra long cord
  - [USB-C to USB-C charging cord and block](#)
  - [USB-C to lightning cable cord and block](#)
- Snacks and drinks (high energy, low density products):
  - [Cliff bloks energy chews](#)
  - [Honey sticks](#)
  - [Trail mix](#)
  - [Protein bars](#)
  - [Gatorade mix](#)
  - [Tailwind](#)

## Postpartum list:

- Clothing:
  - Loose Comfortable clothes
  - [Robe](#)
  - Nursing bra and clothes, if breastfeeding
    - [Nursing sleep bra](#)
    - [Nursing bra](#)
- Comfort items:
  - [Pillow with a non-white pillowcase](#)
  - [Breastfeeding pillow](#)
  - [Nipple balm](#)
  - [After birth tincture](#)

## For your support person:

- Change of clothes
- Button down shirt for skin-to-skin
- Toiletries
- Chargers
- Pillow
- Mints and/or gum

## For your baby:

- [Swaddle](#)
- [Onesies](#)
- Going home outfit

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