



Birth Bag & Prep CHECKLIST



Mama

- WATER BOTTLE W/STRAW
- DEVICES & CHARGERS
- 2-3 NURSING BRAS
- SWIMSUIT & WET BAG
- ESSENTIAL OILS
- ANTI-SKID SOCKS
- COMING HOME OUTFIT
- HAIR TIES & BINDERS

Baby

- BABY'S OUTFIT
- STOCKED DIAPER BAG
- 2 RECEIVING BLANKETS
- BABY WRAP
- DIAPER OINTMENT
- _____
- _____
- _____

Food

- COCONUT WATER
- FRESH GINGER
- HEALTHY SNACK BARS
- POST-BIRTH MEAL
- BREATHMINTS
- _____
- _____

Don't forget

- GOODIE BAGS FOR TEAM
- INSTALL CAR SEAT
- PASSENGER SEAT LINER
- SET UP HOME STATIONS
- MAKE PLAYLISTS
- BIRTH PLAN
- _____