



## Packing List

Below is a compilation of items you may want to bring along with you to the birthing center

### RELAXATION

- Your favorite pillow or blanket.
- Music. Each suite has a speaker system which you can connect a Bluetooth device.
- Essential Oils. Each suite has a Doterra oil diffuser for your use.
- Candles (battery operated only)
- Massager
- Reading or watching material

### CLOTHING

- Labor clothing- something comfy and a pair of slippers or comfortable shoes to walk around in, extra socks. Comfortable bra, perhaps a sports bra.
- If you will be laboring in the tub or shower you may want to bring a bathing suit or a bra that is not too difficult to get off when wet.
- flip flops or other waterproof footwear for bath/shower.
- Glasses / contact lenses
- Leave your jewelry at home.
- Nursing bra
- Clothing to go home in- something comfy, roomy and easy to get into.
- Toiletries- toothpaste, toothbrush, mouthwash, deodorant, brush, makeup, hair bands, lip balm.

### FOOD

- The facility has a limited selection of snacks and drinks available. You are welcome to bring any of your own food. We ask that you stay considerate of others and not bring very strong smelling foods. A refrigerator, freezer and microwave are available for use. It is strongly recommended to eat something with protein before you leave.

### BABY GEAR

- Baby clothes- undershirts, stretchies, hat, blankets.
- Diapers- if you prefer a specific brand.
- Car seat- Make sure you have learned how to buckle it in properly. Immediately postpartum is NOT when you want to be wrestling with car seats and the Birth Center staff cannot legally install it for you. It would be wise to go get it checked at a car seat inspection location before you hit 38 weeks.
- Baby book for footprints

### PAPERWORK

- Photo ID
- Birth plan, if you have one. Pain coping technique flashcards, affirmation cards, labor notes.

### TECH

- Phone charger
- Camera

### CHILDREN

- Children 12 and under who are attending delivery must be accompanied by a support person who will be responsible for them. You may want to bring snacks, toys, books for them.