

Labor Bag Checklist

By Nicole Nichols-West

- For Labor
 - Birth plan
 - Bathrobe
 - Slippers or flat comfy shoes
 - Socks
 - Tennis balls or rolling pin (for back labor massage)
 - Massage oils or lotions
 - Ponytail holder or Hair band
 - Lip balm for dry lips
 - Camera and film/tape
 - Relaxation materials: books, magazines, games, music, candles
- For Coach
 - Watch with a second hand, to time contractions
 - Toiletries
 - Change of clothes and comfortable shoes
 - Snacks postpartum
- For You
 - Going-home outfit
 - Nursing bra
 - Nursing pads
 - Sanitary napkins
 - Nightgown
 - Toiletries
 - Your phone and phone number list
 - Your insurance card
- For Baby
 - Infant car seat
 - One outfit for the trip home
 - Receiving blanket
 - Diapers
 - Baby nail clippers

- One pair socks or booties
- Infant cap
- Bunting or snowsuit for winter