

# 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