

Women's Integrative Health
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Packing Your Labor Bag

For Labor

- [Birth plan](#) , Did you create your birth plan yet?
- Bathrobe (if hospital or birth center doesn't supply one, or you want your own)
- Slippers
- Socks
- Tennis balls or rolling pin (for back labor massage)
- Massage oils or lotions
- Ponytail holder or Hair band
- Lip moisturizer
- 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
- Snacks Postpartum

For You

- Going-home outfit
- [Nursing bra](#)
- [Nursing Pads](#)
- Sanitary napkins
- Nightgown
- Toiletries
- Address book
- [Help List](#)
- [Breastfeeding Help guide](#)

For Baby:

- Infant car seat
- One outfit for the trip home (one-piece stretchy outfits are easiest)
- Receiving blanket (a heavy one, if weather is cold)
- Diapers (if you're using cloth, include your own diaper pins or a bar of soap to make using the hospital's pins easier)
- Baby nail clippers
- One pair socks or booties
- Infant Cap

