

Packing Your Labor Bag

For Mom

- Birth preferences to give to nurse
- CDs (relaxation and music)
- Relaxation scripts
- Pillows!!!
- Push-light (and extra batteries)
- Aromatherapy oils (and diffuser?)
- Bach's Flower Essences- 'Rescue Remedy' (a calming tincture)
- Nightgown/Bathrobe (if you want your own)
- Slippers
- Socks
- 3-6 pairs of underwear
- Comfortable clothes
- Nursing Bras and nursing pads
- Nursing pillow (Boppie)
- Ponytail holder/ hair clip
- Chapstick
- Toiletries
- Eyeglasses/contacts
- Arnica (helps mom's tissues heal)
- Probiotic capsules (to replace intestinal flora if antibiotics are needed)
- Lanolin (to soothe irritated nipples)

For Partner

- Insurance information
- Snacks!!!
- Camera/Film
- Camcorder
- Extra batteries
- Change of clothes
- Toiletries
- Cell Phone
- Phone number list
- Cord Blood Collection Kit (if needed)

For Baby

- Natural soap for the baby's first bath
- T-shirt, socks, hat
- Going home outfit
- Jacket (depending on season)
- Receiving blanket (and a heavier blanket if its cold)
- Car seat
- Arnica oil (Helps with peeling, bruising, and getting meconium off their bottom)