

# Birthing Bag



## For mommy

- Bath rope
- Slippers
- Extra clothes
- Deodorant
- Chop stick
- Hairbrush and hair elastics
- Toothbrush and toothpaste
- Make up remover & facial cream
- Shampoo and conditioner
- Make up bag
- Water bottle
- Breast feeding pillow
- Nursing pads
- Chewing gum
- Camera
- Charger
- Music



## For the baby

- Carseat (feel free to leave it in the car until you go home)
- 3 onesies or 3 sets of clothes
- Socks
- Paper nail files
- Warm clothes for the ride home and a hat
- Blanket
- Diapers

## For your birthing partner

- Extra clothes
- Swimwear
- Slippers
- Toothbrush
- Personal-care products
- Charger for phone and camera
- Lunch
- Gatorade