

THE ULTIMATE BIRTH PREPARATION CHECKLIST

Your comprehensive guide to preparing for baby's arrival

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■ HOSPITAL BAG: FOR LABOR

- Photo ID and insurance cards
- Hospital pre-registration paperwork
- Birth plan (3-4 copies)
- Comfortable robe or nightgown
- Non-slip socks or slippers
- Hair ties and headband
- Lip balm (hospital air is dry)
- Phone charger with extra-long cord
- Massage tools (tennis balls, massage oil)
- Birth affirmations or focal point photos
- Playlist and portable speaker
- Snacks for early labor
- Pillow from home (use a colorful pillowcase)

■ HOSPITAL BAG: AFTER BIRTH

- Nursing bras (2-3 comfortable ones)
- Nursing pads
- Comfortable underwear (ones you don't mind ruining)
- Going-home outfit (loose, maternity-size)
- Toiletries (shampoo, face wash, toothbrush)
- Glasses/contacts if you wear them
- Phone/camera for photos

■ HOSPITAL BAG: FOR BABY

- Going-home outfit (newborn AND 0-3 months size)
- Receiving blanket or swaddle
- Hat for warmth
- Car seat (installed and inspected!)
- Pediatrician contact information

Tip: Get your car seat inspected at your local fire station or hospital — it's usually free!

■ HOSPITAL BAG: FOR PARTNER

- Change of clothes (2 sets)
- Toiletries
- Snacks — LOTS of them
- Cash for vending machines
- Phone charger
- Pillow and blanket
- Entertainment (book, tablet)

■ HOME PREPARATION

- Nursery set up (crib, changing table, storage)
- Bassinet or co-sleeper near your bed
- Diapers (newborn AND size 1)
- Wipes (fragrance-free for newborns)
- Diaper rash cream
- Baby bathtub or bath insert
- Baby-safe laundry detergent
- Burp cloths (at least 6-8)
- Swaddle blankets
- White noise machine
- Baby monitor
- Night light for nighttime feeds
- Nursing pillow (like Boppy)
- Breast pump (check if insurance covers)
- Bottles and bottle brush (even if breastfeeding)
- Formula backup (just in case)

■ POSTPARTUM RECOVERY ESSENTIALS

- Peri bottle (for perineal cleaning)
- Witch hazel pads or spray
- Dermoplast pain relief spray
- Heavy-duty maxi pads
- Comfortable high-waisted underwear
- Stool softeners
- Nipple cream (lanolin or organic)
- Heating pad or ice packs
- Water bottle with straw (for nursing)
- Easy one-handed snacks

Pro tip: Stock your bedside and nursing station with water, snacks, phone charger, and TV remote!

■ MEAL PREPARATION

- Freezer meals prepared (aim for 10-15)
- Healthy snacks stocked
- Meal train set up with friends/family
- Grocery delivery service account set up
- List of favorite takeout restaurants

■ ADMINISTRATIVE TASKS

- Hospital pre-registered
- Pediatrician selected and first appointment scheduled
- Insurance updated for new baby
- Maternity/paternity leave paperwork filed
- Baby names finalized
- Birth announcement template ready
- Emergency contacts list posted
- Pet care arranged for hospital stay
- Older children care arranged
- House cleaned (or cleaning service booked)

♥■ SUPPORT SYSTEM

- Doula hired (that's us! ■)
- Lactation consultant contact saved
- Postpartum support resources bookmarked
- Partner prepared with comfort measures
- Family/friend help schedule created
- Mental health resources identified

■ SELF-CARE REMINDERS

- Comfortable nursing clothes purchased
- Prenatal vitamins restocked (continue postpartum)
- Comfortable seating area for nursing set up
- Gentle postpartum exercise plan researched
- Permission given to yourself to rest and recover

■ IMPORTANT REMINDERS

- Pack your hospital bag by 36 weeks
- Install car seat by 37 weeks and get it inspected

- Tour your birth facility beforehand
- Practice breathing and relaxation techniques
- Rest as much as possible — you've got this!
- Remember: You don't need everything perfect. Baby needs you, love, and the basics.

Questions? We're here to help!

Louise Birthcare • support@louisebirthcare.com • (619) 638-3687

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