FOR LABOR



Birth Class Seattle





FOR PARTNER

Car seat

Food and snacks

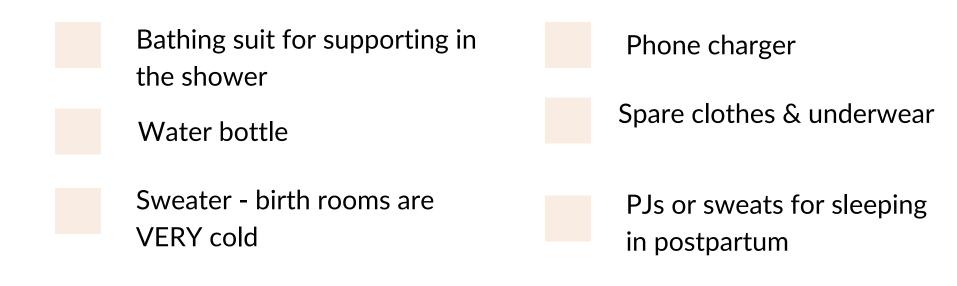
Small bills for vending machines

Favorite swaddle if you want to use it in the hospital

Going home outfit

Credit card for ordering food Gum / mints / breath fresheners

FOR PARTNER CONTINUED



FOR POSTPARTUM

Toiletries. Include shower

gel and shampoo

PJS or clothes if you don't want to wear a hospital gown	Nursing bra
Breast pads	Pen and paper
Clothes to go home in	Sweater or robe for if you have visitors or it gets chilly
Your own pillow (optional) - Take it in a colorful pillowcase	Snacks

Pack separate bags for labor and postpartum / baby. That way you're not having to rummage through everything to find what you need and your birth room won't get cluttered with things you won't need in labor.

The hospital will provide you with all the postpartum supplies that you will need including diapers for the baby and postpartum underwear for you. Load up on it all. If there's any left in your room at the end of your stay, take them home with you. They also have breast pumps, so if you need to use one, they can provide it.

OSPITAL BAG CHECKLIST

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