



DURING LABOR

FOR MOM

Essentials

- Nursing Bra
- Breast Pads
- Nursing Pillow  
Consider an inflatable for portability
- Camera  
It's a once and a lifetime moment, don't miss it!
- Contact List  
Short and concise is good
- Sanitary Pads
- Non-slip socks  
Great for pacing the hallways  
your glasses or contact lenses

Nice-to-haves

- Dressing Gown
- T-Shirt
- Stop watch
- Books or magazines
- Spray bottle  
For cooling you down during labor
- Refillable water bottle
- Birthing ball
- Change of clothes
- Snacks and drinks
- Breast pads
- Rolling pin or rice sock  
great for pain relief during labor

FOR BABY

Essentials

- Babies first outfit  
an outfit with feet is preferable but not necessary
- Receiving blankets

FOR DAD

Essentials

- Your glasses or contact lenses
- Comfortable clothes especially shoes



AFTER LABOR

FOR MOM

Essentials

- Nursing bras
- Nipple cream
- Lightweight nursing gown
- Ear plugs  
if you share a room with several other babies who aren't sleeping when you need to
- Toiletries
- Shampoo, conditioner, shower gel
- Toothbrush and toothpaste
- Hair brush and clips
- Deodorant
- Soap
- Hand cream
- Towels
- Going home clothes

Nice-to-haves

- Lavender oil
- Tea tree oil
- Cosmetics
- Tissues
- Feeding pillow  
consider using an inflatable
- Small plastic jug

FOR BABY

Essentials

- Car seat
- Wet-naps
- An outfit with feet is preferable
- Socks
- Sun or winter hat

Nice-to-haves

- Scratch mittens  
those little nails can be sharp
- Bottles if required
- Cotton wool balls

FOR DAD

Essentials

- Deodorant
- Shampoo, conditioner, soap
- Toothbrush and toothpaste

Everything you need  
for the big day  
[www.laborkit.com](http://www.laborkit.com)

