

Hospital Bag Checklist

What to pack for labour and delivery, postpartum care items, essential oils, clothing, snacks, and baby's hospital bag! Natural and non-toxic products to help support me through labor and delivery.

Toiletries & Body Care

- Natural deodorant
- Lip balm
- Hair ties
- Shampoo + Conditioner
- Body wash
- Floss
- Comb
- Facial cleanser
- Rose water toner
- Facial moisturizer
- Cotton swabs
- Cotton rounds
- Hand cream
- Natural hand sanitizer
- Contacts or glasses if you need them
- Toothpaste + toothbrush

Postpartum Care

- Claraderm
- Herbal perennial spray
- Lanolin cream
- Peri bottle
- Disposable underwear

Clothing

- Nursing bras
- Comfy PJs
- Robe
- Black yoga pants
- T-shirt
- High waisted black underwear
- Cardigan
- Flip flops (for shower)
- Natural unbleached ultra pads
- Masks
- Slippers

Makeup Bag

- Blush
- CC Cream
- Concealer
- Mascara
- Bronzer
- Tinted brow wax
- Eyelash curler
- Cream highlighter

Essential Oils Bag

- Peace & Calming
- Tangerine
- Lavender
- Peppermint
- Valor
- Frankincense

Snacks & Drinks

- Water bottle with sippy straw
- Fruit and veggie leather snacks
- Protein bar
- Healthy candies to suck on
- Organic prune purée (natural stool softener)
- Mints
- Coconut water (natural electrolytes)
- Chamomile lavender tea
- Lemon balm tea

Tech

- Long phone charger
- Airpods
- iPad with movies
- Laptop
- Speaker for music
- Meditation recordings

