



MUSIC CITY DOULAS

718 Thompson Lane, Suite 108318
Nashville, TN 37204

Hospital Bag Packing List

Must Haves:

- Birth plan
- Insurance information
- Identification
- Hospital paperwork
- Chapstick
- Hair tie or headband
- Hair brush
- Camera and battery charger
- Cell phone and charger
- Mom's going home outfit
- Baby's going home outfit
- Change of clothes for partner
- Carseat (already installed)
- Toothbrush and toothpaste
- Breath mints
- Snacks and fluids
- Nursing tank and comfy pants
- Comfy socks
- Warm baby blanket (if winter)

Consider Packing:

- Labor gown
- Placenta transport kit & cooler
- Birth ball
- Peanut ball
- Rebozo
- Music or white noise machine
- Hot water bottle
- Oils or lotions
- Essential oil diffuser
- Bathing suit (for labor tub)
- Slippers
- Make-up
- Entertainment
- Own pillow or throw blanket

Leave Home:

- Jewelry
- A lot of cash or valuables

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