



Flutter & Bloom

DOULA SERVICES



HOSPITAL BAG CHECKLIST



Everything you need for a smoother, more comfortable birth experience.

FOR MOM




- Photo ID & Insurance Card
- Birth Preferences Sheet
- Comfortable Labor Gown
- Nursing Bra
- Going Home Outfit
- Non-Slip Socks
- Slippers
- Hair Ties
- Lip Balm
- Toiletries
- Glasses / Contacts
- Phone Charger (Long Cord)
- Refillable Water Bottle
- Snacks for Labor
- TENS Unit (if you have one)

♥ Mom Tip

Pack early so one less thing is on your mind later.

FOR BABY



- Going Home Outfit 
- Swaddle Blanket 
- Car Seat (Installed) 
- Mittens 
- Hat 
- Diapers (Newborn) 
- Wipes 

♥ Remember

Dress baby in layers for the ride home.

FOR PARTNER



- Change of Clothes
- Comfortable Shoes
- Toiletries
- Phone Charger
- Snacks
- Pillow & Blanket
- Cash / Cards
- Water Bottle

♥ Partner Tip

Take care of yourself so you can be her rock.

DON'T FORGET



- Pediatrician Selected
- Car Seat Checked (Installation & Safety)
- Hospital Registration Completed
- Birth Plan Printed (if desired)
- Contact your Doula – We've got you! ♥



Keep your bag by the door by 36 weeks just in case baby decides to make an early arrival!



A COCOON BECOMES A BUTTERFLY.
A PREGNANCY BECOMES A BABY.
A COUPLE BECOMES A FAMILY.

And through it all... Love Grows Here. ♥

