

Labor Bag Checklist

IN THE CAR

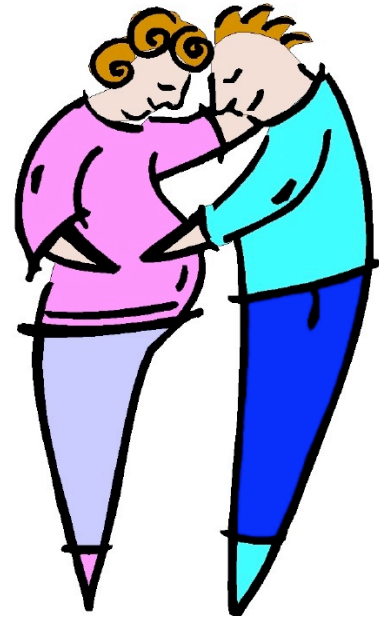
- Towel or chux pad(s)
- Bucket or plastic bag (in case of vomiting)
- Pillow(s)
- Cell phone
- Water bottle & snack (for Mom)
- Emergency birth kit
- Full tank of gas
- Map/alternate route to hospital
- _____
- _____

FOR MOM

- Lip balm
- Hair bands
- Breath mints
- Rice sock
- Fan
- Favorite socks
- Honey sticks
- Snacks
- Water bottle with straw
- Tennis ball/massage tools
- Massage oil/lotion
- Music & music player
- Birth plan (multiple copies)
- Hospital pre-registration forms
- Insurance card
- Favorite pillow
- Birth ball & pump
- _____
- _____

FOR COACH

- Stop watch
- Change of clothes
- Jacket or sweatshirt
- Comfortable shoes
- Breath mints
- Change for vending machine
- Snacks
- Camera (extra film, batteries, etc.)
- Paper/pen (to time contractions and take notes)
- _____
- _____



IMPORTANT PHONE NUMBERS

Midwife/Doctor

Name: _____
Phone: _____
After hours: _____

Doula/Assistant Coach

Name: _____
Phone: _____
Cell/Beeper: _____

Childbirth Educator

Name: _____
Phone: _____
Cell: _____

Hospital

Name: _____
Phone: _____
After hours procedures: _____

Other

Name: _____
Phone: _____

Name: _____
Phone: _____