

Printable lists of what to pack for your drug free labor and delivery (short stay)

Labor bag	Post partum bag <i>Separate pockets for easy access</i>	In case bag
Snacks	Vest	Muslin blanket
Gatorade	Nursing bra	Spandex blanket
Water bottle	2 big underwear	NB pj
Toothbrush	Top (Nursing camisole)	0-3m pj
Toothpaste	Socks	Baby socks
Mama' deodorant	Pants	3 washcloths
Nail file	4 Big menstrual pads	Pacifier
Individual floss	Prescribed medication	Haaka
Contact lenses kit (with glasses)	Formula (is not breastfeeding)	Bottles
Lips ill and moisturizer	Laxative	Nipples
Hairband and hair ties	Prenatal vitamins	Nipple cream
Coconut oil	<i>Peri bottle</i>	10 extra diapers
Essential oil	<i>2 mesh underwear</i>	Change of cloths for Dad
Small socks	<i>Hairbrush</i>	Change of cloths for Mom
Big socks	Soft baby blanket	Mom's extra pants
Night shirt	NB pj	Nursing pads
Robe	0-3 m pj	Soap
Adult toy with charger	Burp cloth	
Speaker with charger	2 washcloths	
Wallet	2 diapers	
Extra long phone charger	Wet wipes	
Phone	Car seat cover	
Heating pads	<i>Washcloth</i>	
Comb	<i>2 hats (different size)</i>	
Dad's sweatshirt	<i>1 diaper</i>	
Dad's jogging		
Dad's bathing suit		
Absorbent pad		
Birth plan	Car seat	