

Blessing Way Midwifery

Packing Your Bag for Labor:

We recommend that you pick up a homeopathic called Arnica 30 ch and calendula tincture from Nutters and bring this with you in your birth bag.

We also recommend that you buy maxi pads from Nutters or On The Mend in Rocky Mountain House that do not have plastic or chemicals.

We recommend that you pack a bag for labor and birth and leave a separate packed bag for postpartum in the car or with someone else. This prevents you from dragging all of your stuff around.

- Signed copies of your birth preferences. Have your caregiver sign your preferences, this shows the nursing staff or other caregivers that you have discussed your preferences with your own caregiver.
- Any reference book or pamphlet you might need / Doula's Numbers
- Water birth kit if you plan to use the pool
- Tooth brushes for everyone and tooth paste / mouthwash
- Pillows from home (use colored cases to distinguish from your birth place's linens)
- Music you would like. We suggest a variety not all relaxation, you may need to get moving and music sure can help
- Camera with film and batteries. Battery charger if you have one.
- Camcorder with charged batteries and accessories. It may be of benefit to have a tripod if you plan on recording the birth.
- Water/Sport bottles for ice, cold juice or water (the cup you will be offered at the hospital is never enough)
- Waterproof pads or towel for the car ride if you are concerned about membranes rupturing or if they are ruptured.
- Any labor clothes of your own that you wish to wear (night shirt(s), active wear, yoga pants, shorts, housecoat . . .)
- Comfortable foot wear/ flip flops / slippers / "Crocks" (non-slip)
- List of people to call after the baby is born
- Lip Balm, your lips will be dry!

- Hair ties or clip / hairbrush
- Massage tools (oils, massagers, etc.) if you have favorites (we carry these in our birth bags)
- Change of clothes for partner, including swim trunks for shower or pool. Bring a large zip lock bag or plastic bag of some sort for the wet bathing suit. Make sure you are dressed for comfort, labor rooms are often on the cool side.
- Focal Point (if you want one)
- Two pairs of socks for mom (in case one pair gets soiled)
- Special foods or drinks (use a small cooler or separate bag)
 - Suckers or hard candy
 - Snacks for labor support

If you forget everything else DON'T FORGET:

- Food/drinks
- Own pillows - it's nice to have your pillows for your head and the flat hospital ones for between your legs.

****Better to have your bags ready to go before labor begins****

If you are heading to the hospital to be checked for any reason, take your bag along.

You can always leave it in your vehicle and someone can run down and get it if you are admitted. (It's not always possible to return home for the bag!)