



NOVA
Birth Services
Birth. Your Way.

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Additional items to pack for the hospital

Consult with your doula, she may already provide many of these things

- Gallon ziplock bags - use hot water for washcloths and place them in ziplock bags for a quick heat pack.
- Foam gardening knee pads- for when you find yourself kneeling in the bathroom or on the floor
- Christmas lights with 3D hooks for some nice romantic lighting (buy the kind with warm bulbs)
- Flashlight - to wake baby up or help guide baby in a better position or to make sure your baby is on perineum
- Portable humidifier- the hospital is a very dry environment
- Arnica oil- great for perineal massage at birth
- Extension cord- the plugs at the hospital are at the worst place and your phone won't be able to be on a table resting plugged in so give yourself some extra slack.
- Herbal teas- moms can't eat but they can have clears and there are great teas for energy, heartburn, upset stomach, etc.
- EmergenC powder- great for energy and vitamin boost
- Hair Ties- Moms loose them and always need them so pack a lot
- Ear plugs- find yourself needing to stay in the hospital overnight? well good luck it isn't all that quiet so do yourself a favor and pack some to reduce noise
- Coconut oil- apply to baby's bottom so meconium poop will wipe off easily
- Essential oils- for calming and using with massage oil for mom