

# Ripples and Waves



## Doula Services

### HOSPITAL PACKING LIST

#### ***Essentials (and a few non-essentials) for the Birther***

- Healthcare card
- Extended Insurance card (if applicable)
- Pre-registration forms
- Flexible cotton bra(s)
- Breast/chest pads
- Nightgown and robe
- Slippers/flip flops
- Socks
- Full-Back Underwear
- Going-home outfit
- Toiletries
- Sanitary pads
- Hair clip or band if you have long hair
- Magazines
- Mints, lollipops or other hard candies
- Glasses and contact case
- Large envelope/file folder
- Hot/cold pack
- Phone and charger
- Talisman/Good luck charm

#### ***For the Baby***

- Infant car seat and infant head support
- Going-home outfit
- Hat
- Booties/socks
- Receiving blankets
- Newborn diapers
- Wipes

#### ***For Partners***

- Change of clothes
- Bathing suit
- Toiletries
- Snacks/drinks
- Quarters/change
- A way to time contractions
- Video/still camera
- CDs/CD player/Ipod
- Notebook
- Phone charger, cellphone and/or phone cards
- Knee Pads