



Labor & Delivery Checklist

- Birth Plan
- Form of ID
- Insurance Card/Medicaid
- Birthing Gown
- Nursing Tanks (If applicable)
- Nursing Bras (If applicable)
- Comfortable pants
- Slip-On Shoes
- Shower Flip Flops
- Headband/ Hair ties
- Robe
- Pajamas
- Going Home Outfit
- Big Undies
- Nipple Cream
- Lip Balm
- Toiletries
- Glasses
- Contacts
- Phone
- Phone Charger
- Playlist

