

# THINGS TO PACK IN YOUR BIRTH BAG

1

## YOUR BIRTH PLAN

Gold Coast Doula can help answer your questions as you create your birth preferences!

2

## PHONE CHARGERS

You don't want to lose your ability to communicate and take pictures!

3

## SNACKS

For your partner or husband.

4

## PORTABLE SPEAKER

If you've created a playlist or have affirmations you want to listen to.

5

## COCONUT WATER

To keep you hydrated... plus it is delicious!

6

## HAIRTIES OR HEADBAND

To keep your hair off your face,

7

## NATURAL LIP BALM

Your lips will feel very dry during labor.

8

## A BIRTHING GOWN

If you want to wear your own. We love Pretty Pushers!

9

## HONEY STICKS

In case you need an extra boost. We love to buy them at our local Farmer's Market!

10

## A NURSING BRA OR TANK

For those first few feedings if you are breastfeeding.

11

## A CAMERA... OR BETTER YET, HIRE A BIRTH PHOTOGRAPHER!

We love The People Picture Company here in West MI, but you can research favorites in your hometown!

12

## PHOTOS OR MEMENTOS

Bring something from home to serve as a focal point during labor!

