



Feng Shui Mommy Hospital Packing List

- Folder (Picture ID/ Insurance card/ Birthing preferences/Cheat sheet of pain relieving techniques for partner/ Call list for post-birth/ Any other needed paperwork)
- Credit card and money for vending machine
- Phones and Chargers
- Camera
- Portable speaker and headphones, in addition to birth playlist and guided meditations
- Birth ball
- Essential oil diffuser
- Essential oil
- Battery powered candles
- Birthing nightgown and/or bathrobe
- Post-birth bathrobe and additional clothing for each day of estimated stay
- Slippers and/or flip-flops
- Socks
- Nursing bras and pads
- Toiletries (eyes, mouth, face, body, hair, etc. – don't forget hair ties)
- Light snacks
- Water Bottle
- Honey sticks

- Breath mints
- Soft pillow and blanket
- Focal point like a photo of a child or pet, or treasured destination
- Something to cover the clock
- Special treat for after labor

Optional

- Mirror
- Cord blood kit
- Kit for placenta storage

For Baby

- Comfortable clothing for baby (pack layers)
- Preferred diapers
- 1 blanket for ride home
- If you won't be breastfeeding, bring your formula and bottles of choice
- Car seat (Install car seat at least two weeks before due date, if possible)

*Leave valuables at home.