

7 MOONS DOULA

Supporting you, honoring your journey.

The Hospital Bag Checklist

Pack by week 36, keep the bag by the door, and exhale - if something's forgotten, it's a five-minute fix, not a crisis.

For you

- ☐ Birth plan copies (2-3) and hospital paperwork
- ☐ Insurance card and photo ID
- ☐ Comfy robe, loose gown, or button-front nightdress
- ☐ Slippers and warm socks with grips
- ☐ Nursing bras or tanks (2)
- ☐ Going-home outfit - soft, loose, kind to a healing body
- ☐ Toiletries: lip balm, hair ties, toothbrush, face wipes
- ☐ Glasses or contacts, if you wear them
- ☐ Phone charger with a long cord
- ☐ Pillow from home, in a non-white case so it isn't lost
- ☐ Snacks for after - and a water bottle with a straw

For baby

- ☐ Going-home outfit in two sizes (newborn and 0-3 months)
- ☐ Soft hat and a warm blanket
- ☐ Car seat, installed and checked before the due date
- ☐ A few diapers and wipes (the hospital provides some)
- ☐ One special outfit or blanket for first photos

For your partner or support person

- ☐ Change of clothes and a warm layer - birth rooms run cold
- ☐ Toiletries and any daily medications
- ☐ Snacks and a refillable water bottle
- ☐ Phone charger and a camera, if you'd like one
- ☐ Coins or a card for vending machines and parking
- ☐ A small pillow and blanket for overnight stays

Comfort measures - the doula favorites

- ☐

Portable speaker and a playlist that settles you

- ☐ Battery-operated candles or fairy lights for soft light
- ☐ Massage oil or lotion, unscented
- ☐ Tennis balls or a massage tool for counter-pressure
- ☐ A hand fan or small portable fan
- ☐ Honey sticks or hard candies for quick energy
- ☐ Essential oils you already love - on a cotton ball, not the skin

Paperwork and practical bits

- ☐ Pediatrician's name and phone number
- ☐ List of who to call or text when labor starts
- ☐ Notes app or notebook for questions and feeding logs
- ☐ An extra bag for gifts, flowers, and hospital supplies
- ☐ Cash or card for the cafeteria

One doula. Every phase.

7 Moons Doula offers birth and postpartum support across Raleigh, Durham, Chapel Hill, Apex and Cary. Consultations are free - 30 minutes, no pressure.

7moonsdoula.com | Call or text (984) 303-6841