



Packing List for Moms

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| <input type="checkbox"/> Photo ID | <input type="checkbox"/> Labouraid or electrolyte packs |
| <input type="checkbox"/> Alberta Health Card | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Birth Preferences Note | <input type="checkbox"/> FreeMom TENS |
| <input type="checkbox"/> Bath towel | <input type="checkbox"/> Hot Water Bottle |
| <input type="checkbox"/> Robe | <input type="checkbox"/> Small Comb |
| <input type="checkbox"/> Slippers or socks | <input type="checkbox"/> Tennis Ball |
| <input type="checkbox"/> Chapstick | <input type="checkbox"/> Secondary Massage Tool |
| <input type="checkbox"/> Hair Elastics | <input type="checkbox"/> Rebozo (check with doula!) |
| <input type="checkbox"/> Gum/Mints | <input type="checkbox"/> Hypnobabies or
Hypnobirthing Tracks |
| <input type="checkbox"/> Toothbrush, Shampoo,
Body Wash | <input type="checkbox"/> Rescue Remedy/Other
Homeopathics |
| <input type="checkbox"/> 12 to 24 Sanitary Pads | <input type="checkbox"/> Other Clothes |
| <input type="checkbox"/> Wear Home Clothes | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Phone | _____ |
| <input type="checkbox"/> Charger | _____ |