



Go-Bag Packing List

The Pregnancy Journey Episode 16

Date:

- Birth Plan (if applicable)
- Personal Hygiene Items
 - Toothbrush/toothpaste
 - Shampoo/Conditioner for shower afterwards
 - Deoderant
- Comfy nightgown
- Change of clothes to go home
- Extra socks for cold feet
- Pony tail holders/headbands
- Wash cloths for cold/hot
- Birthing Ball (hospital may have one already)
- Phone/Camera for taking pictures
- Charge cord/batteries
- Essential Oils (Hospital or birthing center may have a supply)
- Favorite candle (in a jar)
- Extra pillows
- Favorite music to play
- Stuffed Bear/animal to hold