



Birth Cottage Packing List

Suggested considerations for what to pack for your labor & delivery at The Birth Cottage

Birth Person

- Clothes: Comfortable clothes such as bathrobe, slippers, soft socks, loose pants, loose t-shirts, a loose dress, as well as sets of bras/bathing suit tops for getting in and out of the tub
- Music: The Alexa in the birth suite plays anything at your request. You can also bring in your own playlist and play from your own device
- Hair products (brush, hair ties, headband)
- Toothbrush
- Chapstick
- Wallet/purse, phone
- Phone charger
- Labor food: Smooth food like yogurt, pudding, applesauce, popsicles
- Labor drinks: Coconut water, recharge, gatorade
- A hearty meal for postpartum, prepared and put away ahead of time

Support Person/People

- Labor food: Food that is fast and easy to prepare, doesn't have a lot of smell
- Postpartum food
- Extra clothes & swimwear if they're going to support you in the pool
- Gum

Other

- A blanket for baby, an outfit to go home in for baby (something with separate legs for the carseat)
- Newborn disposable diapers
- Baby wipes
- Camera & charger
- Carseat

Comfort items after you're home

- *Dermoplast (blue container, not red)
- Ibuprofen
- Arnica
- Heating pad or heating bottle
- Tucks medicated pads or witch hazel pads
- Sitz bath herbs

Frequently Asked Questions

All linen needs are available at the The Birth Cottage; Pillows, towels, blankets, sheets, washcloths. You are welcome to bring any special comfort blankets or pillows.

The Birth Cottage is too small to accommodate a shower, so there is not one available.

There is a spray on the bathtub for spray off if needed.

The kitchen contains silverware, glasses, straws, coffee cups, bowls, plates, cooking pots

There is a fridge to store food and drink. There is a range/oven and a microwave.

The midwife and assistant will stay about three hours postpartum, longer if baby or extra attention is needed.

On average, families stay a total of 3-6 hours after birth.