

# YOUR DOULA BAG

## *What to Pack in Your Doula Bag*

This list consist of common items that you will want to have in your “Doula Go Bag” when you leave for a birth.

### Personal Care Items

- Lip balm
- Lotion or skin moisturizer
- Toothbrush & toothpaste
- Soap
- Shampoo and conditioner
- Comb / brush
- Hair ties
- Face and drying towels

### Clothing Items

- Comfortable pants and top
- Non-slip shoes
- Socks
- Change of undergarments

### Comfort Essentials for the Birthing Mother

- Electric candles
- Pillows (*chose ones different then those at hospital or birthing facility*)
- Massage oils
- Relaxing music downloaded to phone or device
- Ice packs (one time use)
- Heating pad w/ disposable covers
- Waterproof pads

### Nourishment

- Healthy snacks
- Water bottle
- Bottles for ice
- Waterproof pads

### Electronics

- Stop watch
- Camera & film (*if not using phone*)
- Camcorder (*if not using phone*)



