

# Labor and Delivery Checklist

- Hospital Paperwork Folder
- Grippy Socks
- Lip Balm
- Lotion
- Hair ties/Headband
- Lotion
- Stress ball
- Massager/tennis balls
- Contacts, Glasses, Saline, Eye drops
- Snacks
- Camera
- Phone Chargers, batteries, etc.
- Music/Earbuds or Headphones

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- Hospital Gown
  - Sports Bra/Swimsuit
  - Yoga Ball
  - Essential Oil Diffuser

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