

Doula Bag

What should a doula bring to a birth? Don't over do it. The most important items are the spirit and energy that you bring to empower women and their families through labor and birth.

Suggestions

Portable bag or small suitcase with wheels

Change of clothes

Money; dollars and coins for vending machine

Lavender oil or lotion

LCD candles

Bendable straws

Massage tools

A variety of soothing music or sounds i.e. ocean waves

Olive oil

Birth ball and pump

Food, energy snacks

Chapstick

Breath mints

Handheld fan or battery operated fan

iPod speakers

Chargers for phone, iPad, etc.

Toothbrush

Comfortable shoes

Kneeling pad

Hair elastics/rubber bands to keep hair pulled back

Glasses and contact solution

Rice sock

Honey sticks

Tea

Tissue

Bath salts

Hand sanitizer

Notepad and pen

Business cards

Thank you cards to give to helpful staff members

Celebratory drink and cups to toast the new baby

What do you think will go in your Doula Bag?
