

## What supplies should birth doulas take to a birth?

### Self-care items

- Change of clothes
- Sensible shoes (no open toes)
- Layer for warmth (hospitals are cold); something with a hood can be useful as a shield against air conditioning blowing on you or withdrawing from the environment when/if there is an opportunity to nap
- Toothbrush, toothpaste, deodorant, comb/hairbrush
- Phone charger
- Foods to snack on such as trail mix, nuts, fruit, instant protein drinks, etc. (so you won't be at the mercy of vending machines when the cafeteria is closed)
- Cash/change for vending machines, parking
- Your meds if you take any

### Doula supplies

There are no absolutely necessary supplies that doulas need to be good at their jobs. "Stuff" will not make you a better doula. However, you might find yourself frustrated at times for lack of a specific item and decide to add it to your birth bag. Here are a few suggestions.

- Rebozo (You can also use a hospital bed sheet for all the same things you might do with a rebozo.)
- Birth ball (I love birth balls. Most hospital L&D units have them these days, but some hospitals only provide the peanut ball. I like having both options. If you take a tour of the hospital, check out what they have available and whether they have enough to go around when they're busy.)
- Massage tools, lotion (find an unscented lotion if you want something available for massage)
- Hair ties, lip balm
- Hand-held fan (a magazine works too)
- Small inflatable pillow for bath tub
- Medium-size plastic bowl (to keep hot or cold compresses within easy reach bedside; you can also scrounge around in the cupboards in the birthing suite to see if there is a small tub or container available)
- Masking tape and highlighter or magic marker (for posting of birth plans in a couple of different spots around the room; highlight most important information so it can be seen at a glance; very helpful if birth goes long and you have a rotating series of hospital caregivers)
- Favorite reference book: [\*The Labor Progress Handbook\*](#), by Penny Simkin and Ruth Ancheta (This book is expensive but worth it!)

**Don't forget!** Bring your client records, birth plan