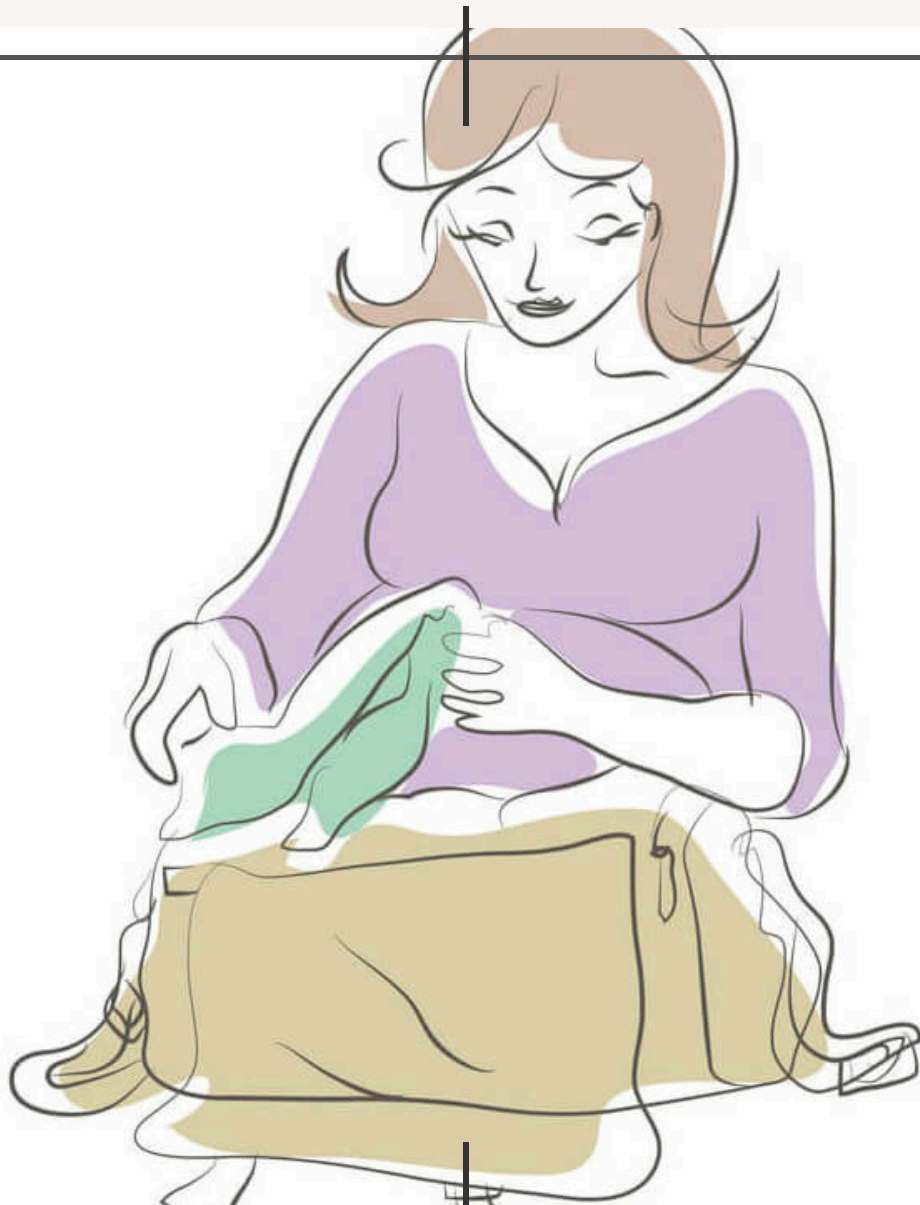


# PACK THE PERFECT HOSPITAL BAG FOR A NATURAL BIRTH

TAMPA FLORIDA  
BIRTH PHOTOGRAPHER

[WWW.KRISTINEFREED.COM](http://WWW.KRISTINEFREED.COM)



# MAKE SURE YOUR BAG IS PACKED WITH EVERYTHING YOU NEED TO FEEL EMPOWERED DURING YOUR MED-FREE BIRTH

## BRING PLENTY OF SNACKS AND YOUR FAVORITE BEVERAGES

- snacks that are high in protein and easy to eat on the go, like granola bars or nuts
- a water bottle or two
- liquid IV or something else to replenish electrolytes

## PACK ITEMS THAT WILL KEEP YOU COMFORTABLE AND RELAXED

- a loose-fitting nightgown or robe
- a few changes of clothes
- some washcloths and towels
- small bottle of unscented lotion
- small case with any essential oils or other relaxation techniques that you want to use
- a doula!

## IF PLANNING ON BREASTFEEDING, PACK A NURSING BRA/PADS

- a nursing pillow
- breast milk storage bags
- lanolin cream

## IF HAVING A WATER BIRTH, PACK A TOP THAT CAN GET WET/ SWIMSUIT

- a large towel to dry off
- a small towel to place under your head while in the tub
- hypnobirthing audio or other calm meditations

## YOUR BIRTH PHOTOGRAPHER! :)