

WHAT IS IN MY BIRTH BAG

IDEAS OF WHAT TO HAVE IN YOUR BIRTH BAG. YOU DON'T NEED A TON OF STUFF, JUST THE ESSENTIALS YOU WILL USE REGULARLY.

TENS
MACHINE

BABYCARE TENS IS THE ONE I USE AND LOVE:
[HTTPS://BABYCARETENS.COM/PRODUCTS/ELLE-
TENS.HTML](https://babycaretens.com/products/elle-tens.html)

ESSENTIAL
OILS

PEACE AND CALM
LAVENDER
MINT

FAITH INTO
BIRTH
GUIDE

FAITH INTO BIRTH.

SNACKS

SNACKS

CLEAN
SHIRT

DOULA SHIRT

BATTERY
CANDLES

BATTERY OPERATED CANDLES

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TENNIS BALL

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LOTION

GOAT MILK LOTION

HAIR TIES

HAIR TIES

LIP BALM

LIP BALM

HEAD ACHE MEDS

HEADACHE MEDS

FAITH INTO BIRTH

FAITH INTO BIRTH
GUIDE TO A CHRISTIAN BIRTH