



## POSTPARTUM ESSENTIALS

# Checklist

L&D NURSE APPROVED

### Recovery Essentials

- High-waisted postpartum underwear
- Postpartum Pads
- Peri Bottle (angled preferred)
- Stooler Softener
- Comfortable loose clothing
- Nursing Bra or Tank

### Breastfeeding and comfort

- Nipple Balm
- Breast Pads
- Water Bottle
- Easy Snacks for quick energy

### At-home

- Bedside or nursing station setup
- Phone charger (long cord)
- Extra Pillows for support
- Simple Basket for essentials

### Nice to Have

- Heating pad or ice packs
- Perineal spray or soothing products
- Comfortable Robe or gown
- Portable Fan

### Skip the Overwhelm

- Complicated recovery kits
- Excess products you "might use"
- Expensive bundles you don't need

**Simple works better**

If you want a deeper breakdown of what to expect and how to feel more prepared going into labor—I put everything I've seen as a nurse into one simple guide

[Guide here](#)

