

Christian Doula Bag Checklist

Professional Essentials

- ☐ Client intake forms and extra copies of birth plans
 - ☐ Pen and notepad
 - ☐ Small folder or clipboard for paperwork
 - ☐ Phone charger and portable battery pack
 - ☐ ID badge or name tag (if required)
 - ☐ Business cards for networking
 - ☐ Small amount of cash (parking, vending, tips, etc.)
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Comfort & Coping Tools

- ☐ Rebozo or long woven wrap for comfort and positioning
 - ☐ Massage tools (tennis balls, rolling pin, or handheld massager)
 - ☐ Essential oils (lavender, peppermint, citrus – use with client consent on cotton ball)
 - ☐ Electric heating pad (can be very helpful) and TENS machine (optional)
 - ☐ Cooling cloths or handheld fan
 - ☐ Soft LED or battery-operated candles for lighting
 - ☐ Eye mask for rest during bright lights and warm socks for mom
 - ☐ Bluetooth speaker or sound machine (for worship or relaxation music)
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Physical Support Items

- ☐ Birth ball (if not provided at the location)
 - ☐ Peanut ball (especially helpful in hospital births)
 - ☐ Knee pads or folded towel for long hours on the floor
 - ☐ Blanket or shawl for warmth during long births
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Snacks & Hydration

- ☐ Reusable water bottle
 - ☐ Electrolyte packets or coconut water
 - ☐ Quick, energy-boosting snacks (nuts, granola bars, jerky, dried fruit)
 - ☐ Herbal tea bags (peppermint, chamomile, or ginger)
 - ☐ Mints or gum for fresh breath
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Hygiene & Personal Care

- ☐ Hand sanitizer
 - ☐ Wet wipes or baby wipes
 - ☐ Toothbrush and toothpaste
 - ☐ Deodorant
 - ☐ Hair ties or headband
 - ☐ Change of clothes (top, bottoms, socks, undergarments)
 - ☐ Lip balm
 - ☐ Breath spray or mouthwash
 - ☐ Mini first aid kit (bandages, ibuprofen, etc.)
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For the Client and Baby

- ☐ Peri bottle (backup if she forgets hers)
 - ☐ Nursing pads
 - ☐ Postpartum pads (extra for emergencies)
 - ☐ Swaddle blanket or newborn hat (home/birth center births)
 - ☐ Scripture or affirmation cards for encouragement
 - ☐ Honey sticks or glucose tabs (quick energy boost if allowed)
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Faith-Based Encouragement

- ☐ Mini Bible or printed verses for labor
 - ☐ Worship playlist or speaker
 - ☐ Anointing oil (if part of your practice and requested)
 - ☐ Prayer journal or Scripture cards for reflection
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Optional Additions

- ☐ Birth photography camera or phone tripod
- ☐ Lightweight slippers or crocs
- ☐ Notebook for postpartum notes or reflections
- ☐ Small garbage bag for used towels or wipes