



Essentials for Every Stage

An emergency preparedness checklist for pregnant, postpartum, and breastfeeding women and their infants

For Pregnant Mothers:

- ☐ Prescription medication and pregnancy-safe over-the-counter medication
- ☐ Prenatal vitamins
- ☐ Bottled water (1 gallon per day/per person) and non-perishable snacks
- ☐ Medical records and contact information for doctors
- ☐ List of emergency contacts
- ☐ Shoes and clothing for mothers and babies
- ☐ Emergency birth supplies (clean towels, sharp scissors, infant bulb syringe, medical gloves, two white shoelaces, sheets, and sanitary pads)
- ☐ Comfort Items (belly band, pillow, etc.)

For Postpartum Mothers:

- ☐ Prescription medication and pregnancy-safe over-the-counter medication
- ☐ Prenatal vitamins
- ☐ Loose, comfortable clothing
- ☐ Large absorbent pads, disposable underwear or mesh underwear
- ☐ Nursing bras, nipple cream, peri bottle
- ☐ Witch hazel pads
- ☐ Cooling pads or spray for perineal area, heating pad
- ☐ Bottled water (1 gallon per day/per person)
- ☐ Medical records and contact information for doctors and emergency contacts

For Breastfeeding Mothers:

- ☐ Manual and electronic breast pump, charger, pumping parts (if needed)
- ☐ Breast pump cleaning wipes
- ☐ Breast milk storage bags and containers, a small cooler, ice packs
- ☐ Nursing pillow, cover, bra, tank
- ☐ Disposable nursing pads, nipple cream, lactation aids
- ☐ Bottles and nipples (if needed), bottle brush, dish soap
- ☐ Copy of medical records, identification, insurance, doctor contact information, emergency contacts
- ☐ Bottled water (1 gallon per day/per person), water basin
- ☐ Tape and marker for labeling

For New Baby:

- ☐ Prescription medication
- ☐ Ready-to-feed formula (if needed), bottled water
- ☐ Baby food (if applicable), spoons, disposable cups, dishes
- ☐ Disposable diapers, baby wipes, diaper rash cream, plastic bag
- ☐ Baby wash and lotion
- ☐ Extra baby clothes, burp clothes or cloths
- ☐ Pacifier, portable crib, baby carrier, blanket/swaddles
- ☐ Baby first aid kit, infant pain reliever, baby thermometer, bulb syringe
- ☐ Medical records and contact information for doctors and emergency contacts

Emergencies can happen at any time. Taking a few steps now can help protect your health and your baby's well-being at every stage.

