LEAVE A CHECKLIST BY THE DOOR There will be a lot of panic and emotion in the moment, so you don't want to have to think too hard about what to do and bring. For example:	
Bring your hospital bag (pages 132-133).	
Bring your wallet with ID, money, and health insurance card.	
Bring a plastic bag for the car (in case of puking— sorry!).	
Turn off the lights, stove, curling iron, etc.	
Bring this book. (We have important labor information in here, and you will want to write in it postlabor!)	
Feed the pets.	
Grab a birthing ball. (Yes, a typical exercise ball will do. Sitting on it during labor can help you progress.)	
Ouble-check that the infant car seat is ready to go!	