

Waterbirth: An Attitude To Care - Primary Source Edition

Checklist of things to pack for your Birth Photography Session

<http://maeganhallphotography.com>

- **A sports bra, bikini top, or spaghetti strap tank top.**
You can still enjoy skin-on-skin and/or immediate nursing but still be able to share your photos with friends and family.
(other option: a nightgown or button front shirt)
- **Tinted chapstick or lip gloss**
Women often apply chapstick throughout labor anyways, this will add a little color so the camera won't wash you out and can also make your teeth appear whiter if you haven't been able to brush them. (some like to add waterproof mascara)
- **Hair ties and Bobby pins**
Being hot/cold, in and out of the shower or birthing pool, keep your hair up and out of your face. Pin your bangs with pins or even french braid them out of your face.
- **A dark shirt for your partner**
Birth can be messy and a dark shirt on your birth team can mean more sharing and less deleting of your precious birth photos.
- **Hard peppermint candy**
Ok, not much to do with actual photography, but the mints can help with nausea, deep breathing, and freshen everyone's breath and perk you up when tired.
- **Unscented lotion, travel size**
Dry hands, elbows, knees, feet, legs, etc can quickly be fixed. Keep it unscented so that your baby will smell only you after delivery.
- **Boxer-like gym shorts & extra underwear**
Most women photograph beautifully in a tank, but you'll need bottoms until you are ready to push or get into the water. I recommend loose, oversized, dark-colored gym or boxer shorts and multiple pairs of underwear in case your water breaks.

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