

extra items to pack during covid19

Due to covid19, there will likely be limited opportunities to walk around the hospital for food/drinks/coffee. The cafeteria and vending machines may be closed, and there may be restrictions on if food can be delivered to the hospital. If the hospital has a current policy restricting doulas, Kelli will be connecting with you virtually by text, phone, and/or video chat. There are items you will need to pack to make that successful!

In addition to the regular packing list, you may wish to add these items:

- ____ Lots of hearty snacks, drinks, and caffeinated beverages
- ____Refridgerated/frozen meals that could be heated up in the microwave if you wish. These meals can be kept in your room fridge/freezer, or put into the patient fridge/freezer with your room number written on them.
- ____Birth plan/preferences sheet with this statement written across the top: If our doula (Kelli Brus) is unable to join us in person, she will be joining us virtually. We appreciate your support and encouragement to use her as a resource.
- ____Laptop (ideal) or tablet with camera
- ____If a tablet or phone will be used to video chat with Kelli, also bring a stand or tripod
- ____Charging cables for laptop, tablet, or phone plus long extension cord so that the device can be wherever you are laboring, even if the battery is low and needs to be charged
- ____Zoom, Skype, or FaceTime capabilities on the device(s) you plan to use for video chat
- ____Sticky note for the device you plan to use for video chat that says "Kelli - our doula" on it
- ____Extra printouts that Kelli will be sending in the mail for labor positions, comfort techniques, partner suggestions, BRAIN acronym, and photos to take if possible