



Home Birth Supply List

Preparing for your birth is exciting! Careful planning can help you have a calm labor, safe birth, and restful postpartum. Many of the items on the following list may be found in your home. Please have them ready for your home visit at 37 weeks. Place all of the items in a laundry basket or bin to await your birth. Substitutions can be made so please ask questions.

- Olive Oil- small, unopened bottle for perineal massage
- 1 box 4x4 gauze pads
- Thermometer
- Bendable straws/sports bottle for sipping during labor
- Peri wash bottle
- Witch Hazel- chill in the refrigerator, avoid added alcohol, try Theyers brand)
- Plastic drop cloth- shower curtain or flannel back table cloth works well
- Plastic sheet for your bed
- Bleach, hydrogen peroxide, oxiclean, or enzyme cleaner for clean up
- Trash bags
- 2 bags of "chux" disposable under pads, puppy pads are fine too
- 2 sets of sheets, 6 wash cloths, 5 towels, 6 receiving blankets (Dry for an extra 10 minutes and place in bag closed with tape)
- Flash light
- Toilette paper/tissues
- A large pot with lid for boiling scissors to cut the umbilical cord
- Ceramic or glass bowl for the placenta
- 1 large (gallon size) zip-lock bags for the placenta
- Nourishing snacks and drinks (herb tea, juice, broth, honey). Kitchen cleaned and meals in freezer for postpartum.
- Arnica 200c, red raspberry leaf tea, Motrin or whatever you would like to use for cramp relief after the birth
- Camera
- Have clothes set out for yourself and the baby for after the birth
- Diapers- Consider cloth but use disposables for meconium.
- Sanitary pads- Large over night size, postpartum, post surgery, or depends. Consider using cloth pads. Find on etsy or most places cloth diapers are sold. Make your own out of old t-shirts or put t-shirt cloth over a disposable.
- Waterbirth supplies can be found at yourwaterbirth.com, and use coupon code **estewart** for %10 off
- Postpartum care plan. Who will help mother and baby in the days and weeks after the birth? Who will help if you transfer to the hospital (care for older children, dogs or other responsibilities)?
- Be sure you have the on-call midwife cell phone number and pediatrician number readily available