

Home Birth Supplies

Please have all of your supplies by 36 weeks.

Items to purchase

- Birth kit - we provide for \$60
- Extra package of large menstrual pads
- Gallon of electrolyte replacement i.e. Recharge, O.N.E, etc. – NOT sugar free
- Infant car seat – set up and ready in car
- *Fitted waterproof mattress pad
- *Aquarium net-- for waterbirths
- *Available for purchase at Woman Care

Household items

- 3 old bath towels - 12 for waterbirth
- 2 additional large towels or 1 blanket (to warm in dryer for mom and baby after birth)
- 10 old washcloths or soft rags - for warm perineal compresses
- 2 sets old bed sheets – i.e. 1st bed sheet, plastic cover and 2nd bedsheet
- 8 receiving blankets
- For baby: nightgown or sleeper, t-shirt, booties or socks, diapers, hat
- For mother: nightgown or large T-shirt for mom during labor and clean one for after the birth

- Cookie sheet
- Rectangular 9” x 13” baking pan
- One 2-quart sized glass or stainless steel bowl
- 2 large kitchen sized trash receptacles
- 3 large plastic trash bags- to fit receptacles
- 1 box of facial tissue
- 2 rolls of paper towels
- 2 rolls of toilet paper
- One 2-quart size sauce pan

- Pillows, pillow cases, towels, blankets
- Flashlight with new batteries
- Nutritious food for mom, dad, family, friends, midwives
- Portable heater if the room isn't easily warmed
- Gas in your car
- List of phone numbers: midwives, pediatricians, childcare providers
- If renting a birth tub, a new hose that is drinking water safe is necessary, a faucet adapter may be necessary, these are both available in the RV section of ACE hardware

Miscellaneous (optional) personal items

Heating pad, hot water bottle, music, camera, film, mirror, lip gloss, lotion, warm socks, aromatherapy, herbs, candles, Advil, Tylenol, breast cream, ice chips.

You will need at least a dozen towels if you are planning a water birth.

Preparing for the birth - please do the following by 36 weeks

1. Gather the supplies on the list and set them aside. Review the list with your partner/labor support team so they know where the supplies are.
2. **Four weeks before your due date, wash in hot water and dry in hot dryer:** bed sheets, baby blankets and clothes, towels and washcloths. Place baby blankets and clothes into a new clean plastic bag and seal; place the towels and washcloths in a second plastic bag; place sheets in a third bag.
3. Make a list of important phone numbers (midwives, pediatrician, childcare providers).
4. If you live outside of the city or county limits (on an unnamed street), take a map with your name, due date, address and directions to your home to the ambulance service.

When you go into labor:

1. Prepare bed: put one of the clean fitted sheets on the bed, then the waterproof mattress pad, then put another fitted sheet on top.
2. Make sure your supplies are together in the birthing room.