



Home Birth Supply List

Mother

- Prenatal paperwork your midwives have given you
- Flannelette sheet
- Large towels, at least 6
- 10 clean, old wash cloths or rags (for warm compresses & clean up)
- Crock pot or wash basin for hot compresses
- Music – player and dock / CDs and player
- Aromatherapy, if desired
- Small bottle of unopened olive oil (for the perineum at crowning)
- Long, thick maxi pads
- Large comfortable underwear (3-4 pairs)
- Squeeze bottle for peri care (an old shampoo bottle works well)
- Homeopathics your midwives suggested
- A change of clothes to wear after the birth, something soft and comfortable
- A hospital bag (packed in case you need to transfer; see Hospital Birth Supply List)

Partner

- Swimming shorts
- Camera / Camcorder (check film, memory card space, batteries, flash, etc.)
- List of people to call
- Copy of Birth Plan
- Your doula's contact information

Baby

- 1-2 sleepers
- Onesies or diaper shirts
- Socks and mitts
- 2 newborn hats
- At least 6 receiving blankets (not your best ones, as they may become soiled)
- Newborn diapers
- Vaseline or olive oil for baby's bottom (to keep meconium from sticking)

General

- 2 large plastic sheets to cover the delivery area (shower curtains work well)
- 2 large, strong garbage bags (1 for soiled linens, 1 for garbage)
- Medium-sized bowl for the placenta
- Disposable underpads (12 pack)
- Hot & cold packs
- Digital celsius thermometer (for taking the baby's temperature & your own)
- A good, bright flashlight (with working batteries)

General (cont.)

- 2 large Ziploc freezer bags or an ice cream bucket with a lid (for the placenta)
- Bleach
- A bottle of regular hydrogen peroxide

Water Birth

- Birthing pool or kiddies pool (60" wide & 24" tall)
- Electric or foot pump
- Adaptor for the faucet
- Clean length of garden hose to fill the pool
- 2 large plastic sheets to cover the delivery area (paint drop sheet or tarp)
- Fish net or small strainer with a handle
- Lots of extra towels

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