

HOME BIRTH SUPPLIES

The following supplies will help to support you and your birth team through a comfortable home birth (especially if my supplies are depleted coming to you straight from another birth) and the first few days postpartum. Along with a mostly tidy house, the following is a basic list of items that are helpful to have organized and in an easy to find location **NO LATER THAN 36 WEEKS**.

- Filled-out Emergency Contact Sheet from this packet
 - 1-2 Large Cookie Sheets (for placing supplies on to allow some mobility during/after birth)
 - Rubbing Alcohol, 70%+, 1 small bottle (for quickly wiping down instruments during/after birth)
 - Hydrogen Peroxide, 1 small bottle (for cleaning up blood on carpet...etc.)
 - Small-Medium cooking pot with lid, non-aluminum (for sterilizing instruments)
 - 4 qt or larger cooking pot with lid, non-aluminum (for brewing herbal compress & sitz bath herbs)
 - Empty laundry basket (for dirty laundry from the birth)
 - Large trash bag (dark colored)
 - At minimum, one cleared flat surface (such as a dresser top) for birth supplies
 - Flashlight, working, with extra batteries
 - Disposable underpads (not puppy pads), 1 package
 - Bowl or plastic ice cream bucket (for placenta, not glass)
 - Vitamin E oil or other vaginal/perineal lubricant (cold pressed, not mineral oil, not Vaseline or other petroleum-based product) This is not routinely used, only as needed
 - 10 wash cloths or small cleaning cloths
- The following will go in a dryer during pushing if possible*
- 3-5 bath towels
 - 2-3 hand towels
 - 4-5 Receiving Blankets (not your best ones)
- Bedding (best prepared in early labor as the plastic liner will make your bed very hot if you put it on too early)
 - 2 Fitted Sheets (able to be soiled)

- Shower curtain liner or thick plastic – large enough to cover the bed and sturdy enough to handle movement
- Extra waterproof pillows or pillow cases
- Layer your mattress with one fitted sheet, cover this with plastic, then layer the other fitted sheet overtop
- Newborn hat (in case baby cannot be skin to skin)
- Working thermometer (temporal digital is easiest)
- Simple nutritious food for your family and birth team (a soup works well with mild scents to not overwhelm mom or the birth team during labor plus fresh or frozen fruit and veggies along with nuts or seeds for snacks)
- Labor Drinks i.e. Red Raspberry Leaf & Nettle Leaf infusion, chicken broth or stock (not bouillon cubes), water infused with cucumber or fruit, or natural labor-aid drinks such as the Transformade Birthing Tea. Plus 100% fresh Grape Juice (for immediate postpartum)
- Bendable straws (2-3)
- String of lights (optional, to slightly illuminate the birth space for support without too much light)
- Flowing night gown or labor gown
- Postpartum clothes (stretchy or mid-pregnancy size, comfortable, with flexible top for breastfeeding)
- Incontinence panties, 1 package (or 1 package of overnight sanitary pads)
- Package of medium flow sanitary pads and optional cold pack pad or herbal-infused frozen pads
- Car seat installed and checked

WATER BIRTH ONLY (in addition to previous items & birth pool)

- Tarp or plastic sheet for under the tub
- Small shaving mirror or hand mirror
- Disposable liner for inside the tub
- Goldfish net (for scooping bowel movements)
- Extra bath or swim towels
- Large bucket for emptying the tub or hose with a pump
- For jetted-tubs only, around 34-36 weeks, cover the jets with 3" water + ½ cup bleach and run for 15 minutes. Drain, repeat with plain hot water and then clean tub as usual to remove bleach residue. Do not use jets during birth

MIDWIFE'S BIRTH KIT (purchase if you do not have a midwife)

- Birth Certificate Worksheet and/or Parent & Facility worksheets for filing the birth certificate
- Eye Prophylaxis (colostrum is used in lieu of the erythromycin antibiotic ointment)
- Newborn Screening Collection Card
- 3 Herbal Sitz Bath Sachets (do not open the sachets – place one in the 4 qt. cooking pot and fill with water. Bring to simmer, turn off the heat & cover until birth – this should be warmed as birth becomes imminent for perineal compresses as needed)
- Peribottle + Sterilized Bulb Syringe + Sterile Cord Band, Clamp, or Tie
- 1 Instant Cold Pack Postpartum Pad
- HemEase Herbal Blend (to slow bleeding during postpartum or in case of unassisted birth)
- Nitrazine Paper (to test for leaking amniotic fluid)