

Birth Supplies

You will need the following items commonly found in your home. Please put them all together in one place with the birth kit, which will be delivered to you at your home visit.

Necessities:

- Cookie sheet for use as a supply tray
- 1-2 towels, clean and stainable
- 4 baby blankets, clean and stainable (flannel receiving blankets from the dollar store work well for this)
- 2 zipper bags, 1-gallon size
- 2 kitchen trash bags
- 2+ bottles of Gatorade, juice, or coconut water
- Depend underwear for women* for your first 2 days of bleeding (highly recommended) or maxi/overnight/maternity pads
- Food that you would like to eat in labor
- Food for the birth team (easy finger foods such as cheese & crackers, fruits/veggies & dip, frozen meals, etc.)
- 1 bottle of hydrogen peroxide 3%
- Olive oil for perineal support during crowning (if you buy this in bulk we can just pour a small amount into a dish during labor)
- 1 roll of paper towels
- Thermometer
- Put fresh sheets on your bed, lie a plastic sheet or waterproof mattress cover over it, and cover with a second pair of clean sheets
- Bowl for the placenta (preferably not red)

If laboring in water:

- 4 additional towels, clean and stainable
- 2 additional baby blankets
- Bathtub or birth pool (see water birth section of handbook)
 - If renting or buying a pool you will also need:
 - new 25 ft lead-free hose
 - 1-2 shower curtains, vinyl tablecloths, or drop cloths
 - fish net
 - pool liner

Optional:

- Camera and/or camcorder, fully charged
- Heating pad, electric blanket, or hot water bottle
- Extension cord
- Crockpot and tongs (for warm compresses, if desired)
- Witch Hazel (to pour on pads and freeze), Tucks, or Dermoplast for postpartum healing and hemorrhoid relief, if desired
- Frozen meals for your family during postpartum
- I provide a keepsake birth certificate for footprints, however if you would prefer you can also supply your own certificate or baby book

Hospital Bag, in case of transport:

- Cell phone and charger
- A change of clothes, including nursing bra and underwear. Nursing gowns if desired. Shoes and socks.
- Personal toiletries such as hairbrush, toothbrush, etc.
- Insurance card, ID, birth plan
- Going home outfit for baby
- Camera
- Cash for cafeteria, vending machines, etc

*get two free pair and a \$2 coupon by visiting depend.com