

## Birth Supplies

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

### Necessities:

- 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 or Liquid IV packets
- Disposable underwear for women\* for your first 2 days of bleeding (highly recommended as your bleeding will be heavy at first) 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% for clean-up
- Olive oil for perineal support during crowning (if you buy this in bulk, we can pour a small amount into a dish during labor)
- 1 roll of paper towels
- Thermometer
- Bowl for the placenta (preferably not red)
- Bulb syringe, nasal aspirator, or NoseFrida for sucking mucus out of baby's nose (if you'd like to have one to keep at home)
- Protect your mattress! One way to do this is to make your bed with fresh sheets, put down a plastic sheet or waterproof mattress cover, and cover with a set of clean sheets. It is always recommended that your mattress is covered with a truly waterproof mattress cover. We are not responsible for damage to a mattress or bed.

### 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)
- Small pads/pantliners we can use to make herbal padsicles
- 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
- A keepsake birth certificate for footprints is provided, you can also supply your own certificate or baby book

### If laboring in water (see water birth section of handouts):

- A shower curtain, vinyl tablecloth, or drop cloth
- 4 additional towels, clean and stainable
- 2 additional baby blankets
- Bathtub or inflatable pool. If using an inflatable pool, you will need a new, unused 25 ft lead-free/drinking water hose, fish net, faucet adaptor (metal or a Water Bandit), pool, and a pool liner. You will also need a plan for emptying the pool.

### 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](http://depend.com)