

## BIRTH SUPPLY LIST for homebirth

The following are **REQUIRED ITEMS**, which should be assembled in boxes, laundry baskets or drawers, near the room you expect to birth in, by 37 weeks gestation. Some will need to be purchased, but many are things you likely already have in your home:

- 2 pkgs disposable underpads, such as Depends underpads, NOT underpants!, large size (usually 23"X36" or 30"X36"), for a total of about 35 pads – found in the urinary-incontinence section of the drug store.
- 20 sterile 4x4 gauze pads – found in the band-aid section of the drug store
- 1 pkg extra-large, extra-long sanitary napkins with wings (Enough for the 1<sup>st</sup> 2 days, about 20 pads) – I recommend Always Extra Heavy Overnight Maxi with Flexi Wings
  - OR – 1 small pkg Depend undergarments, very handy, catches everything – you won't need more than 12
- Regular-size pads to last the rest of the 1<sup>st</sup> week; pads will be needed for up to 6 weeks but you will quickly switch to lighter, smaller pads
- 1 digital "fast-read" oral thermometer – I prefer the Vicks brand as it is easy to read and reliable.
  
- 2 shower curtains, or plastic sheeting to cover bed & floor – Open & air these out if they smell strongly of vinyl
- 1 functioning flashlight
- 1 laundry basket, to receive the soiled laundry during the birth
- A bucket or bowl, for vomiting
- 3 or 4 Flexible straws, for drinking when you're lying down.
- 1 quart-size ziplock freezer bag for your placenta

In the house, you should also have:

- Olive oil for perineal lubrication – used if you don't birth in the water
- Paper towels & tissues (they don't need to be new)
- 2 plastic trash bags & 1 trash can or hamper to support the bags (Tall-kitchen-garbage-can size is good)
- Hydrogen peroxide
- Rubbing alcohol
- 4 bottles of juices of your choice, or natural electrolyte-replacement beverages, such as Recharge
- Lots of light food for labor, including a jar of honey
- A one-gallon zip-lock bag of ice cubes (or purchased ice if you prefer)
- 1 bottle of ibuprofen (Advil, Motrin) for afterpains (doesn't need to be new) – critical if this is not your first delivery
- Caffeinated tea (black or green) (to induce urination postpartum, only if necessary)
- Enough food for at least 4 days postpartum for your family
- Enough gas in car to get to the hospital; baby seat installed in car too.
- Be sure to have basic foods in the house, like eggs, cheese, fruit, soups, & juices
- Bag of clothes for mom & baby packed for possible transport to hospital, containing:
  - Something for mom to wear home
  - Something for baby to wear home
  - Toiletries for mom

Linens:

- 6 washed, inexpensive washcloths
- 4 soft old bath towels
- Lots of pillows
- 4 receiving blankets – pre-washed

- 2 complete sets of sheets to fit your bed (one set that's not a favorite)
- Baby clothes, pre-washed. **Include at least 2 all-cotton baby hats**
- Disposable diapers for the first 5 days (you can switch to cloth after that if you'd like)
- Container of powdered oxygen-type laundry product (Oxy-Clean) for the birth linens

For Water Labor, you will also need:

- A new, never-used garden hose – preferably an RV/marine/camper hose, available at Sears, Home Depot, Lowes, Amazon. Might also say “for drinkable (or potable) water”. Measure the distance from the likely location of the tub to the nearest standard faucet to determine how long the hose should be. Don't buy one that is dramatically too long unless you really want to use it outdoors afterward.
- LOTS of **extra** towels (at least 8 more) for mom to use to dry off, and to serve as “bath mats”. Include beach towels if you have them.
- 2 hand towels
- Small bottle chlorine bleach, used to clean my pump after draining the tub

#### OPTIONAL ITEMS

- Crock pot for hot perineal compresses – to be used if you don't birth in the water
- Music: tapes or CD's of favorites, and something to play them in
- Camera & film (I am happy to use my digital camera for your photos & upload them to your computer after the birth)
- Video camera, tripod, & blank tapes
- Lots of candles, for achieving the right lighting and “mood” during labor. Electric candles are fine too.

If clients desire, I can assemble a “birth kit” for them, with the most critical items included:

- 30 disposable underpads \$12
- 20 sterile gauze pads \$5
- 10 pull-up disposable underwear for the first 1-2 days postpartum - \$10
- 1 digital fast-read thermometer \$13
- 2 plastic shower curtains \$10
- 6 flexible straws
- 1 pair mesh panties \$3
- 1 pkg Always Extra Heavy Overnight Maxipads \$5.50
- 1 peribottle \$1

And upon request, the following optional items:

- Injectable Vitamin K = \$25, OR
- Oral Vitamin K - \$13.25

The prices listed are what these items will cost me. Your kit will reflect the cost of the items you choose to have included in your kit.