

BIRTH SUPPLY LIST for homebirth

You will need a number of items for your birth. Many midwives have a "birth kit" that you can purchase online. I don't do that, as I haven't found it advantageous for my clients. Instead, I can provide a birth kit for you myself.

It contains:

- 1 vinyl fitted mattress cover – tell me your mattress size
- 30 disposable underpads
- 10 disposable underwear – like those worn by incontinent adults – great for the first day postpartum
- 12 organic overnite menstrual pads
- 1 box of 25 4x4 gauze sponges
- 1 fast-read digital thermometer
- 1 peribottle
- 2 pair mesh underwear
- 4 compostable plastic straws (for drinking while you're lying down)

And upon request, the following optional items:

- Injectable Vitamin K = \$35, OR
- Oral Vitamin K - \$14

The cost would be \$60, not including any Vitamin K you may select. This represents MY COST on these items. I make no profit on this stuff. I would bring these items to you at your 37 week home visit.

If you prefer to buy these items yourself, here is the list of things you need to get. Hold on to your receipts so you can return things you don't use.

- 2 pkgs disposable underpads. These are large rectangular underpads, NOT menstrual pads, large size (usually 23"x36" or 30"x36"), for a total of about 30 pads – found in the urinary-incontinence section of the drug store.
- 2-25 sterile 4x4 gauze sponges – found in the band-aid section of the drug store
- 1 small pkg Depend-style undergarments, very handy, catches everything –around 12.
- 1 pkg extra-large, extra-long sanitary napkins with wings (Enough for the 1st 2 days, about 15-20 pads) – I recommend Rael 100% Organic Cotton Menstrual Overnight Pads with Wings or something similar
- 1 digital "fast-read" oral thermometer – I prefer the Vicks brand as it is easy to read and reliable.
- 1 vinyl/plastic fitted mattress protector to fit your bed

I will provide a basic peribottle, or you may prefer to purchase a portable bidet, which can spray upwards. I'll also give you a nice mesh panty and some bendy straws.

You'll also need the following things, many of which you will likely already have in your home:

- 1 functioning flashlight
- 1 laundry basket, to receive the soiled laundry during the birth
- A bucket or bowl, for vomiting.
- 1 quart-size ziplock freezer bag for your placenta
- Regular-size pads to last the rest of the 1st week; thin maxis for about 3-4 days, then you will decrease to thinner, lighter pads. Pads will be needed for up to 6 weeks but you will quickly switch to lighter pads.
- Olive oil and/or coconut oil - for perineal lubrication – used if you don't birth in the water
- 1 roll Paper towels & 1 box 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
- 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. NOT TYLENOL!
- 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
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 - Toiletries for mom

Linens:

- 6 washed, inexpensive washcloths
- 4 soft old bath towels
- Lots of pillows
- 4 receiving blankets – pre-washed
- 2 fitted sheets to fit your bed
- Baby clothes, pre-washed. **Include at least 2 all-cotton knit 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. Might also say “for drinkable 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

These items should be assembled in boxes, laundry baskets or drawers, near the room you expect to birth in, by 37 weeks gestation.

OPTIONAL ITEMS

- Crock pot for hot perineal compresses – to be used if you don't birth in the water
- Music for labor – on your phone or any way that works for you,
- A camera and/or video camera (with tripod?)
- Lots of candles, for achieving the right lighting and “mood” during labor