

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 – May substitute vinyl sheeting if mattress covers aren't available.

30 disposable underpads

9 disposable underwear – adult diapers – great for the first 2 days postpartum

1 box of 25 4x4 gauze sponges

1 fast-read digital thermometer

1 bidet-style 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 = \$40, OR
- Oral Vitamin K - \$14

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

Alternatively, 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"x 36" or 30"x 36"), for a total of about 30 pads – found in the urinary-incontinence section of the drug store. The Equate Assurance Walmart brand is fine.
 - 1 box of 25 sterile 4x4 gauze sponges – found in the band-aid section, such as <https://www.walmart.com/ip/Equate-Gauze-Pads-4-in-x-4-in-25-count/400745681>
- 1 small pkg Depend-style undergarments (adult diapers), very handy, catches everything –around 12.
- 1 pkg extra-large, extra-long sanitary napkins with wings (Enough for about 2 days, about 15-20 pads)
- 1 digital "fast-read" oral thermometer – I prefer the Vicks brand as it is fast, easy to read and reliable.
- 1 vinyl/plastic fitted mattress protector to fit your bed, or 2 vinyl shower curtains – please select textured/matte surface shower curtains instead of glossy/shiny types.
- a peri-bottle or portable bidet, which can spray upwards, such as a https://smile.amazon.com/Postpartum-Perineal-Cleansing-Cleanser-Portable-Hemorrhoids/dp/B081ZH2XHB/ref=sr_1_8?dchild=1&keywords=bidet+bottle&qid=1602865242&sr=8-8 .

Regardless of whether you are getting your own or having me buy the basics for you, you'll ALSO need the following things, many of which you will likely already have in your home:

- 1 pkg overnite-size menstrual pads
- 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
- Olive oil and/or coconut oil - for perineal lubrication if you don't birth in the water, and on baby's bottom
- 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
- 1 bottle of ibuprofen (Advil, Motrin) for afterpains (doesn't need to be new) – critical if this is not your first delivery. NOT TYLENOL!
- Bendable straws

Linens:

- 6 washed, inexpensive washcloths
- 4 soft old bath towels
- Lots of pillows
- 2 fitted sheets to fit your bed
- Baby clothes, pre-washed. **include at least 2 all-cotton knit baby hats and some blankets.**
- 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

Collect these items in a box, drawer, tote, shelf or laundry basket in the birth room.

Also please have in the house

- 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.
- 3 bottles of juices of your choice, or natural electrolyte beverages
- Lots of light food for labor, including a jar of honey
- Ice
- 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

These items should be assembled in boxes, laundry baskets or drawers, in or 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 (real or electric), for achieving the right lighting and “mood” during labor

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 excessively too long unless you really want to use it outdoors afterward. And don't buy a retractable hose.
- 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 real chlorine bleach, used to clean my pump after draining the tub