

Home Birth Supplies

Required Items: Please gather these items together into one place by 36 weeks.

- Clean, comfortable clothing and underwear suitable for nursing to wear after the birth
- 1 package of regular to heavy menstrual pads (18 heavy pads come in your kit—enough for most women)
- 2-3 pair underwear suitable for wearing with a pad (2 pair of disposable underwear come in your kit)
- A variety of fruit juices, teas or soups that you enjoy. Small, frozen juice cubes or frozen grapes can be very nice, especially in hot weather
- Nutritious snack foods—be sure to have a variety of sweet and non-sweet
- A meal for mom (dad and other tired people) after the birth
- Ibuprofen for afterbirth cramps, to relieve engorgement and perineal swelling
- 1 package disposable diapers—newborn size (if you prefer cloth that is fine, just be aware that the first newborn stool will stain them brown)
- Small container of coconut oil or olive oil (does not need to be new or in the original container)
- 5 flannel receiving blankets
- Clean T-shirt or other baby clothes
- 2-3 baby hats
- 2 large mixing bowls—one for placenta, one in case you throw up. Cheap plastic ones from the dollar store work just fine if you won't be reusing them.
- Bleach—what you have in your laundry room is fine. Not necessary if you are not using a pool.
- 2 **adult sized** blankets that wouldn't be ruined if they got a little blood on them.
- Ice, either refrigerator ice maker or 1-2 gallons of cubed ice.
- Step stool if your bed is high

Other things you might like to have, but that are not required:

- Lip balm
- Herbal sitz-bath mixture
- 4-5 instant cold perineal packs or size 1 baby diapers (these can make nifty ice packs!)
- Nipple cream, several companies make nicer herbal creams or there is the classic Lansinoh brand that is sold at most stores
- Nursing pads, either disposable or washable
- Aftershave tincture available from Wishgarden.com Some women think this helps a lot for afterbirth cramps and others think it is pretty useless
- Hemorrhoid care products such as Tucks or herbal salves
- Dried fruit or OTC stool softener

Camera Tips:

Let whoever is taking pictures know exactly what shots you want. With digital cameras it is easy to get rid of pictures you don't want, but you can never get back the ones you wish you had.

Make sure you have plenty of space on your memory card.

If pictures are going to be taken around the birth pool, keep the strap around your neck or wrist. We've seen several cameras and phones get dropped into the pool in the excitement of the moment.

Babies have limited tolerance for flash photography, but it can be hard to get good pictures if the room is very dim, so just be aware and respectful of your baby.

If you will be videotaping, make sure you have extra batteries or an extension cord. Murphy's law says no one ever gives birth near an electrical outlet...