

Supply List – Birth Suite

Please bring these items with you to the Birth Suite.

- A couple of changes of comfortable clothing and underwear suitable wearing during and after the birth. Consider a non-white sports bra or swim top if you plan to use the pool. You may like to bring a bathrobe, slippers or socks.
- A variety of fruit juices, teas or soups that you enjoy. Nutritious snack foods—be sure to have a variety of sweet and non-sweet. We have a small variety of prepared foods available but are not licensed by the health department to prepare foods.
- Car seat
- Clothing for baby, including 2-3 baby hats and a couple of soft blankets to go home in.
- Toiletries: toothbrush and toothpaste, lip balm, essential oils or massage oils that you like.
- Music, movies, comfort items that you would like during labor.
- Picture ID and insurance card. (Only in case of hospital transfer.)

Things we recommend that you have at home:

- 1 package of regular menstrual pads (we will send you home with 18 heavy pads, enough for most women)
- 2-3 pair underwear suitable for wearing with a pad, or disposable underwear. (We will send you home with 2 disposable underwear)
- Ibuprofen for afterbirth cramps, to relieve engorgement and perineal swelling
- Afterease tincture available from Wishgarden.com Some women think this helps a lot for afterbirth cramps and others think it is pretty useless
- At least 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)
- 4-5 instant cold perineal packs or size 1 baby diapers and some ice (these can make nifty ice packs!)
- Nipple cream, several companies make nice herbal creams or there is the classic Lansinoh brand that is sold at most stores
- Nursing pads, either disposable or washable
- Hemorrhoid care products such as Tucks or herbal salves
- Dried fruit or OTC stool softener
- Step stool if your bed is high

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...