

# Home Birth Supply Checklist:

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You will need to get the following supplies ready for your birth. Some of them you will already have in your home and some you will need to purchase. Your Birth Kit can be purchased from Precious Arrows and will contain many of your disposable supplies.

Order from:

**Precious Arrows:** [https://www.preciousarrows.com/Carolina\\_Wildflower\\_Custom\\_Birth\\_Kit\\_p/80064-057.htm](https://www.preciousarrows.com/Carolina_Wildflower_Custom_Birth_Kit_p/80064-057.htm)

***\*The following are other supplies you need to gather for the birth:***

## **Disposable Paper Products/Supplies:**

- maxi pads (overnight or Poise pads)
- disposable diapers for baby
- 1 container of Clorox wipes
- Depends adult diapers (optional but really nice, a small pack will do!)

## **Household Items:**

- flashlight with new batteries inside
- heating pad
- hydrogen peroxide (large bottle)
- roll of paper towels
- small unopened bottle of oil (olive) for perineum
- large bowl for placenta
- 2 gallon size Ziploc bags for placenta
- 4 trash bags
- waterproof sheet or shower curtain liner for bed
- 1 or 2 plastic or flannel-backed plastic tablecloths or roll of adhesive painter's plastic for protecting floor
- sea salt (optional for water birth)
- crock pot (optional)
- 1 large cookie sheet

## **Linens:**

- dark colored towels (4 or 8 if planning water birth)
- baby clothes and 2 hats
- 2 sets of sheets/pillowcases

- washcloths (10)
- hand towels (4)
- cotton receiving blankets (at least 5)

**\*Optional Herbs (these items can also be purchased from Precious Arrows):**

- AfterEase tincture- WishGarden Herbs
- Arnica pellets 200C or 1M
- Happy Ducts tincture- WishGarden Herbs
- Oral Vitamin K
- Lucy's Garden Sitz bath

**Items if planning a Water Birth:**

\*Note: If you are using your own bathtub you only need the fish net. Most everything can be purchased from Precious Arrows under the Water birth option.

- fish net
- faucet or shower adapter
- tarp or flannel backed tablecloth for under pool
- 25 foot hose
- shower curtain liner to act as a cover for pool
- small eco liner for pool

**Preparation of Linens:**

- wash all linens in the hottest water and dry on the hottest, longest setting on your dryer
- immediately remove them from the dryer and fold
- place your two sets of sheets in a plastic bag, seal and label
- place the other linens in a bag and seal

**Preparation of Household items:**

- collect items and put them together in a large plastic tote or laundry basket
- make sure extra batteries are available for the flashlight
- attach a note stating the location of any supplies that are not in the basket
- put birth kit and linen bags with the basket of supplies
- if using an inflatable pool: make sure that all your connectors and hoses fit and are leak free!

**Other Preparations:**

- car seat installed in car for baby
- complete "Back-up plan" form

- Arrange for childcare for your other children during the birth if necessary
- Have food and drinks for labor and postpartum period (you may want to prepare and freeze meals)
- Have food and snacks for your birth team
- clean pajamas/comfy clothes for postpartum
- nursing supplies: stretchy nursing sleep bras, breast pads, Boppy pillow, nipple cream
- arrange for postpartum meal and assistance from family and friends

**Special Preparations:**

- Childbirth classes: Many first-time moms, and some couples having their first home birth could benefit from a natural childbirth class. There are many options to choose from. First-time parents might also like to take a breastfeeding class or attend a La Leche League meeting.
- Sibling Preparation: If you plan to have your children present at the birth, you will want to include them in some of your prenatal visits and talk with them about what to expect during the labor and birth. Reading them some books and showing videos is a good idea as well.
- Placental medicine: Some mothers choose to use their placenta as medicine in the postpartum period. If you are interested in this option, talk to your midwife about placenta capsules, tinctures, or preparation for smoothies.