

**Home Birth Supply List**

**Required Items:**

* Order Birth Kit from[**www.preciousarrows.com**](http://www.preciousarrows.com)Go to Custom Kits and find Growing Families Birth Kit.[**http://www.preciousarrows.com/Growing\_Families\_Custom\_Birth\_Kit\_p/80103-10.htm**](http://www.preciousarrows.com/Growing_Families_Custom_Birth_Kit_p/80103-10.htm)
* Reasonably Firm Mattress
* 2 pkgs of Large Disposable Underpads (Chux Pads) such as Depends Underpads NOT underpants
* 1 Package of **Pull-Up** Style Depends or Poise brand (**Adult Diapers**)
* 2 Bottles of Hydrogen Peroxide (for blood stains)
* 1 small bottle of olive oil for perineal lubrication
* 4 cheap plastic sheets or shower curtains to cover bed, floor and birth tub
* 1 bottle of Cramp Bark from local health food store or Crampease from midwifery connection for afterbirth pains
* 1 heating pad
* 1 Large pkg of sanitary napkins (**NOT** “Always” brand)
* 4 bottles of natural electrolyte replacement beverages such as coconut water, Recharge or juices of your choice
* 1 functioning flashlight
* 2 large black plastic trash bags
* 1 roll of paper towels (VIVA is recommended for its softness)
* 3 or 4 Flexible straws
* 1 handheld mirror
* 2 large bowls-(1 for equipment and 1 for vomiting)
* 1 laundry basket for soiled laundry during the birth (if needed wrapped in a garbage bag)
* 1 large clean cookie sheet or serving tray for us to use for equipment
* Crockpot for hot compresses for perineal support
* 2 Large Ziploc bags (1 Gallon +) or sealable plastic bowl for placenta
* 10 washed inexpensive washcloths
* 8 soft old bath towels (more if you plan to labor in water)
* 6-8 receiving blankets-pre-washed
* 2 complete sets of sheets to fit your bed (one set that’s not a favorite)
* Baby clothes pre-washed
* 3 all cotton newborn baby hats
* NB diapers
* Baby Wipes
* Lots of Ice, Juice and light food or snacks for labor (Raw honey is recommended)
* Enough food for at least 4 days postpartum
* Enough gas in car to get to the hospital
* Bag of clothes for mom and baby packed for possible transport to hospital
* Food for attendants during the labor: Simple Snacks
* 1 Cucumber for refreshing cold compresses

**OPTIONAL ITEMS**

* Camera & Film
* Handheld Mirror
* Video Camera, Tripod
* Music: CD’s, Pandora, Speakers, etc

All the above items should be assembled and ready in a box or basket in the birthing room by 36 weeks of pregnancy. The midwife will schedule a home visit at 36 weeks and will assess that everything is readily available for the desired homebirth.