

Homebirth Supply List

Gather the following supplies and keep them in a box together so they are easy for midwives to find when you are in labor.

- 1 plastic shower curtain liner (to protect your bed)
- 1 package of XL (30"x 36") Assurance brand underpads (can be found at Walmart by the menstrual pads/adult pullups)
- 1 fitted bed sheet that you don't mind possibly getting stained
- Regular set of sheets for sleeping on after the birth, and plenty of pillows
- 6 large towels & 8-10 washcloths (can be old/stained, but must be clean)
- 4-6 Baby Blankets, 1-2 Baby Hats, newborn diapers (washed even if new)
- Plastic or metal tub / bowl for catching the placenta
- Super absorbency maxi pads (ones for incontinence work best) or depends (convenient if you don't want to stain your underwear for the first few days)
- Empty, clean plastic squirt bottle (old dish liquid bottle works great)
- Flashlight with fresh batteries
- Plastic painters drop cloth, for going from tub to bed (optional)
- Some Bendable straws & lip balm
- 2 large (30gal) garbage bags , Paper towels, 4 one-gallon sized ziplock bags
- 2-4 large bottles peroxide, 1 bottle rubbing alcohol
- Olive oil
- Heating pad; crock pot or large stock pot
- Bulb syringe
- Thermometer
- Fish Net (pooper scooper) if planning a water birth; wipes if planning a land birth
- Arnica, Ibuprofen (Motrin or Advil)
- 1 tube Lansinoh (nipple lanolin found in baby supply section by the bottles)
- Ample supply of drinking water, recharge and snacks (think of what you would want to eat if you had the flu); food for a nourishing meal after the birth (what you'd want to eat after a marathon)
- A place for midwives to lie down to rest if needed

- **MOST IMPORTANT: please have a bag packed for yourself (nursing nightgown, slippers, toiletries, clothes to go home in) and baby clothes, in case we need to take you to the hospital. It is very difficult to gather these things at the last moment when everyone is under stress & in a hurry.**

How to Make a Labor Bed

1. Gather two sets of sheets that are old, but clean.
2. Make your bed as you normally would with fitted and flat sheet.
3. Cover that with waterproof cover (shower curtain, tarp, waterproof sheet).
4. Make your bed with sheets you don't mind getting stained.
5. After birth, while you're up to the bathroom, we can pull off the labor sheets and plastic. You can then climb right into your fresh, already made bed to rest.