

Preparing for your Home Birth

*****Water Birth Supplies to Purchase*****

Fish net for debris removal
25 to 50 foot hose
Faucet adapter for your sink (to connect the hose and fill tub) Tarp for
floor protection
Water removal pump (to empty the tub)
(Turn water heater UP on labor day!)

Additional Suggested items (not included in birth kit):

Coconut Water	ICE/Popsicles Birth
*Blood Glucose Kit	Ball
Food and snacks	Bowl for placenta
Bottled Water	Chapstick
5 washcloths/10 bath towels	Thermometer
Waterproof	Heating pad
Mattress Protector (or shower liner from dollar tree)	Hydrogen peroxide
Baby Scale (Amazon)	

Postpartum Supplies:

(Please have organized in a separate kit for midwife to access)

Motrin
Cramp Bark Tincture (Amazon)
Baby Thermometer
Cooked and Prepared Meals!
Robe/ Pajamas
LOTS OF TOWELS
5 Extra large garbage bags
Zip Lock bags
1 set of Clean Sheets
Overnight Maxi Pads /Depends

Optional:

Lolli Pops (optional)
Honey Sticks
(optional)
Tennis Ball (aids with back labor/ massage) Essential Oils-
peppermint oil, lavender, clary sage

*******Have a bag packed in the event transport is necessary*******