

Home Birth Supplies and Preparation Checklist

Please have the following additional items collected and ready in your home by week 36 of your pregnancy.

For Labor and Delivery:

- 2x Large Kitchen Bowls
- 1x Large Cookie Sheet (this will be used as a birth tray for supplies)
- 2x Waterproof Shower Curtains (to protect your mattress)
- 2x Large Garbage Bags
- 1x Bottle of Hydrogen Peroxide
- 1x Package of Baby Wipes
- 1x Box of Kleenex
- 14x Disposable underpads (Incontinence pads, Doggy pads, Chucks pads)
- 3x Cotton Receiving Blankets
- 2x Towels
- 2x Washcloths
- An extra set of sheets for your bed
- 1x Peri Bottle

Extra Supplies for Water Birth *All extra water birth supplies can be found on inhishands.com

- Generic Birth Tub Liner
- Shower Hose Adapter
- Water Hose
- 6x Extra Towels

For Mom:

- 1x Package of Overnight/Heavy pads (for postpartum bleeding)
- Adult Diapers (Optional, but recommended for the initial heavy bleeding days 1-3)
- 2x Electrolyte drinks (Coconut Water, Gatorade, Liquid IV, etc)
- Energy foods (Honey, Fruit, Chicken Noodle Soup, Crackers, Protein Bars, etc)

For Baby:

- 2x Newborn Hat
- Clothing (onesie, sleeper, socks, and mittens)
- Diapers

Optional Extras Other Moms Suggested but NOT Required:

- | | |
|--|--|
| <input type="checkbox"/> Tucks Pads | <input type="checkbox"/> <i>Frida</i> "upside down" Peri-bottle |
| <input type="checkbox"/> Cooling Pads/Packs for Vaginal Area | <input type="checkbox"/> Herbal Sitz Bath |
| <input type="checkbox"/> Heating Pad (great for afterpains) | <input type="checkbox"/> Snacks for Family, Friends, and Labor Support |
| <input type="checkbox"/> "Afterease" (tincture for afterpains) | <input type="checkbox"/> Packed Hospital Bag (in case of transport) |
| <input type="checkbox"/> Prepared Food in the Freezer for 3-5 Days | |
| <input type="checkbox"/> Tylenol/Ibuprofen | |