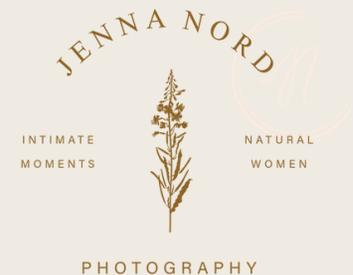


HOMEBIRTH SUPPLY LIST

RECOMMENDED ITEMS READY BY 36 WEEKS



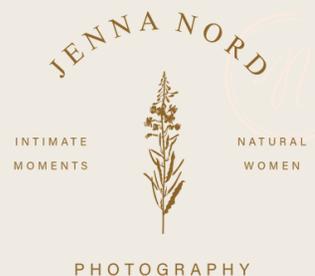
- Extra pillows and towels
- Firm bed or futon
- Plastic that fully covers the bed (painters roll of plastic)
- Soft ice pack in freezer. Bag of peas.
- 2-4 boxes of all-cotton menstrual pads. Avoid ones with plastic weave on top.
- 1 roll of toilet paper
- Charger for phone, camera, video if you desire (*I highly recommend Jenna Nord Photography who specializes in Birth Story Photography)
- Chapstick and hair ties
- 2 kitchen size (13 gallon) plastic rash bags
- 2 brown paper bags (grocery)
- Medium size bowl for placenta
- 2 gallon size ziploc bags for placenta
- Space heater if needed to heat room to 75 degrees
- Emergency number list (midwife, friends, family, pediatrician, back up hospital, pet sitters)
- Food for mama. Easily digestible foods (smoothies, yogurt, soups, toast, fruit, eggs)
- Food for birth team and family
- Electrolyte drink for laboring mom (coconut water, recharge, gatorade, broths)
- Medium pot with lid or crick pot (for perineal packs)
- Small bottle of live oil (for perineal packs)
- Ice cube tray filled with electrolyte drink in freezer to munch on
- Hot water bottle or heating pad
- Newborn clothes, diapers, blankets, socks (Think warm even in July!)
- Q-tips
- Essential oils, candles, music w/playlist, pictures, motivational messages, hypnobirthing tools
- Sitz bath (Meadowsweet Herbs; brew weeks or days ahead of time, strain herbs out and freeze the tea, pull it out in early labor to thaw)
- Any other perineal care (OTC numbing spray off by herbal perineal bottom spray, lavender EO)
- Padsicles (6-10 maxi pads wet with water or witch hazel, bagged flat (don't fold) in a ziplock and labeled and frozen
- Postpartum clothes for mama. Think 2 piece (not a long gown), easy to nurse in, + robe for extra warmth. An extra set of jammies and underwear nearby is a great idea.





BIRHTUB EXTRAS:

- Brand new drinking water hose long enough to reach from water source to pool location
- Adaptor from faucet to hose
- Sterile Tub Liner
- Tarp or extra painters plastic roll for under birth pool'Lots of extra towels
- You should have the tub delivered by me in advance. Feel free to blow up in advance if you have the space.
- It will lose some air over time and will need topped off for birth.





JENNA NOBLE

INTIMATE
MOMENTS



NATURAL
WOMEN

PHOTOGRAPHY

CLEAN PACKS

These bags are to be made up and have on hand for midwives to use for the birth. Wash all items and dry in the dryer on high heat. Using clean hands, fold and place items into paper sack. Tape or staple bag shut to maintain cleanliness until time of birth. Organize and label them as follows:

Bag #1: clean flat sheet + 2 full size bath towels

Bag #2: 6-10 cotton receiving blankets, 1 newborn hat

Bag #3: 2 full size bath towels and 4-6 washcloths

BIRTH KIT FROM CASCADE HEALTHCARE PRODUCTS

This needs to be ordered and delivered by 36 weeks at the latest. The webpage is 1cascade.com, find the birth kit designed by me and order one to be delivered to your home. This will contain blue pads, sterile gloves, gauze, peri bottle, sterile KY packets, betadine and other necessary products for the birth and immediate postpartum. If you are planning to have a birth tub, add on birth pool liner to your list. (\$45) There are some companies that sell them cheaper. "In His Hands" has been one of them. (\$20)

OPTIONAL IDEAS TO PREPARE:

Make extra casserole, soups, lasagna and freeze to have for postpartum

Assign friend or family member to set up meal train

Gifts for siblings

Siblings at birth? Have someone other than the birth partner for mom assigned to hang with the kids.

Phone tree. Give someone a job of letting people know that baby is here. This could keep you off the phone for a day or so, so you can focus on your new joy, catch up on sleep and maintain quiet privacy.