

Home Birth Supply List

In addition to the birth kit there are several household items you will need to have on hand. Please gather these items prior to the 36-week home visit. Wash and dry all linens, and store in a large bin. Keep these items in the same area as your birth kit so that items are easy for the midwife to locate at the time of delivery.

8-10 Receiving Blankets

8-10 Towels

2 Sets of Bed Sheets

Extra Pillows

1 Flannel-Backed Vinyl Table Cloth – Preferably Rectangular or 70” Round

1 Waterproof Mattress Cover

10 Washcloths

2 Large Containers, Boxes, Laundry Baskets, etc.

5 Large Trash Bags, black 30 gallon sized

1 Box of tissues

1 Roll Toilet Paper

1 Roll of Paper Towels

1 Bottle of Hydrogen Peroxide

1 Bottle of Clorox Bleach

1 Container of Oxiclean or powdered Awesome equivalent from Dollar Tree

1 Flashlight with Batteries

1 Box Sanitary Napkins or Cloth Menstrual Pads

2 Gallon-Sized Ziploc Bags

2 Large Metal or Plastic Bowls

Clothing for Baby

Diapers/Wipes for Baby

Clean Clothes for Mom

Have on Hand:

A few large pots available for hot water

Plenty of food for during labor and immediate postpartum (cheese, fruit, protein bars, etc.)

Plenty of water, coconut water, juice, herbal teas, etc. for during labor and immediate postpartum

If Desired:

Camera loaded, Extra Memory Card, Batteries

Video Camera with Charger, Tripod

Please pack a “just in case” bag in case a transport is necessary. Include clothing and slippers for mom, clothing for baby, a pillow with a colored pillowcase, a copy of your birth plan, cell phone charger, snacks for labor, and any other items that you would like to have.