

## BIRTH SUPPLIES

Please gather these items together prior to the 36-week home visit. Wash and dry all linens, and store in a large plastic bin (~20-gallon) with a lid, or store clean linens in paper bags stapled shut.

8-10 receiving blankets	<i>(flannel is preferred)</i>
6-10 towels	<i>(No red, black, or navy towels)</i>
2 sets of bed sheets	
Extra pillows	<i>(extra trash bags to put between pillow and pillow case if pillows are not washable)</i>
1 waterproof sheet	<i>(is currently included in birth kit)</i>
12 washcloths	<i>(for warm/cool compresses)</i>
2 large trash cans, boxes, laundry baskets, etc	<i>(for trash and for soiled laundry)</i>
5 large trash bags	
1 roll of toilet paper	
1 roll of paper towels	
1 bottle hydrogen peroxide	
1 bottle of witch hazel	<i>(found in drug stores near first aid items)</i>
1 small bottle of olive or almond oil	
1 flashlight with batteries	
1 box sanitary napkins or cloth menstrual pads	<i>(in addition to the box in your birth kit)</i>
2 gallon-size Ziploc bags	<i>(for placenta storage)</i>
1 large metal or plastic bowl	<i>(for setting up birth team's supplies)</i>
1 additional medium metal or plastic bowl	<i>(for cool compresses)</i>
clothing for baby	
diapering/wipes for baby	
clean clothes for mom	<i>(nightgown, robe, panties, etc. laid out)</i>
vitamin E capsules, 400 IU	<i>(for postpartum healing)</i>
vitamin C	<i>(for postpartum healing)</i>

### HAVE ON HAND:

- 1 Crockpot or a few large pots available for hot water
- 1 pair of tongs for retrieving hot compresses
- plenty of food for during labor and immediate postpartum (cheese, fruit, protein bars, etc)
- plenty of water, coconut water, juice, herbal teas for during labor and immediate postpartum

### IF DESIRED:

- camera loaded, extra film/memory card, and batteries
- video camera and tape/charger, tripod

PLEASE PREPARE AND PACK an "in case" bag in the event a transport is necessary. Include clothing for mom, shoes/slippers for mom, clothing for baby, a copy of your birth plan, camera and film/memory card, cell phone charger, snacks for labor.