

## **Birth Supplies**

*Please gather these together by the 36-week home visit. Wash and dry all linens, gather supplies and store in a 20 gallon plastic bin or store clean linens in paper bags labeled and stapled shut*

8-10 Receiving blankets  
6-10 Towels (no RED towels)  
2 sets of bed sheets (extra pillows are great)  
1 waterproof sheet (will most likely be provided in birth kit)  
12 washcloths (for warm/cold compresses)  
1 crock pot (or some way to keep hot water handy)  
1 pair of tongs (for getting wash cloths out of crock pot)  
2 large trash cans or boxes, laundry baskets, etc. (One will be for trash and one for soiled laundry)  
5 Large trash bags  
Toilet paper/paper towels  
1 bottle Hydrogen Peroxide  
1 small bottle of olive or almond oil  
1 Flashlight with batteries  
1 box Sanitary napkins or Cloth Menstrual pads  
3 cold packs (these can be made at home)  
2 - 1 gallon sized Ziploc bags; for placenta storage  
1 metal or plastic bowl for placenta  
Diapers, hat and clothing for baby  
Clean clothes (nightgown, panties, etc. laid out for mom)  
“In-case” bag packed  
Camera loaded, extra film and batteries  
Video camera and tape if desired

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

Vitamin E capsules (400 iu)

### **Items some like to add to the birth kit**

Sitz bath herbs  
Cord care powder  
Vitamin K tincture or capsules  
Perineal massage oil  
After-ease tincture  
Bottome-Balm salve