

Birth Supplies

Please gather these together by the 36 week home visit

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

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

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