

### Must have supplies:

A homebirth supply kit is provided through our office. Additionally, you will need to gather:

- Plastic sheet large enough to cover mattress
- 2 large black garbage bags
- 2 large ziploc freezer bags for placenta
- 1 large box of sanitary pads (overnight, extra long, maternity or Tena Pads)
- 1 digital thermometer
- 2 fitted sheets for your bed
- 4-6 large towels (more if waterbirth)
- 6 face cloths
- 10 receiving blankets
- Outfit and diaper for baby
- Electric outlet or extension cord near bed
- 1 roll of paper towels
- Large lightweight bowl or basin
- Flashlight with extra batteries

### Extra supplies you may wish to gather:

- 1 bottle of hydrogen peroxide to clean stains from carpet
- 1 small unopened bottle of unscented oil (olive, Vitamin E, almond, etc.)
- 4 pillows (can be protected by covering with plastic kitchen bags)
- Witch hazel or Tucks pads for hemorrhoids
- Homeopathic Arnica (if desired)
- Light nourishment and clear fluids (popsicles, juice, ginger ale, tea/honey)
- Snacks for partner, midwives, family etc
- Heating pad
- Hand mirror
- Music

### Preparing your home:

- Gather all supplies by 37 weeks and place together in one large basket or Rubbermaid bin.
- Clean and remove clutter from the bedroom.
- Ensure a clean surface is available for our supplies – best is a table or top of waist-height dresser.
- Clean toilet and bathtub.
- Freeze panty liners with a little bit of water or witch hazel on them for ice packs
- If planning a waterbirth, purchase or rent a birth pool (or 3-ring kiddie pool). Inflate and test for leaks, test hoses / tap adapters etc.