

Homebirth Supply List and Preparation

- Birth kit at www.preciousarrows.com under "Natural Choice-Midwifery (Pamala Wilson)"
- Maxi pads overnight Poise
- Disposable newborn diapers
- Hydrogen peroxide
- Antiseptic household cleaner ex: Lysol, Clorox wipes
- Paper towels
- Garbage bags
- Silicone bendable straws
- Unopened bottle of almond or olive oil
- Sea salt
- Flash light
- Heating pad
- Crock pot
- Lg. bowl for placenta
- Extension cord
- Plastic liner, shower curtain, water proof mattress cover
- Fish net (if planning water birth)
- Towels (5-8 if planning water birth)
- Baby clothes (2-sets)
- Receiving blankets (8)
- Sheets/pillowcases (2 sets)
- Clean pj's and comfy clothes for both mom and dad for labor and postpartum
- Nursing supplies: stretchy bras, nursing pads, lansinoh cream, boppy pillow

- Food and drinks for labor and postpartum (you may want to freeze some meals)
- Optional items: Depends underwear, instant hot/cold packs, frozen sanitary pads with witch hazel, Arnica

Additional Items For Water Birth (if not using a bathtub)

- Tarp for under the pool
- Adaptors or connectors for the hose
- Shower curtain liner or birth pool cover for the pool

By 34 weeks Date: _____

- Check that all electrical equipment is in good working condition (e
- Purchase supplies from homebirth list
- Evaluate your bathtub for water birth, purchase inflatable pool if necessary
- Buy/borrow linens
- Attend childbirth/breastfeeding classes
- Schedule childcare if necessary for labor/birth

By 36 weeks Date: _____

- Wash and bag all linens:
 - Wash all linens in the hottest water and dry on the hottest setting, immediately fold and place into garbage bag and seal.
- Assemble all household items in tote/laundry basket
- Attach note stating the location of any items not in the tote/basket
- If using an inflatable pool: make sure all the connectors and hoses fit and are leak-free.
- Make a CD/playlist for labor
- Make pads for postpartum care:

- Take 2-3 pads, cut in 1/2
- Place water, witch hazel or comfrey tea over them (don't soak)
- Put them in a freezer bag, next to each other not touching and into the freezer
- Install the baby's car seat
- Make sure the car is running well and has gas
- Get extra batteries or charge them for cameras/video recorder
- Make sure meals are prepared and frozen and stock up on snacks for labor
- Prepare for postpartum help and meals

Early Labor:

- Make bed with both sets of sheets:
 - Make the bed with the clean set of sheets/pillowcases
 - Place the shower liner over the sheets
 - Put garbage bags over the pillows
 - Put 2nd set of sheets and pillowcases over the mattress cover/bags
- Turn the water heater up to accommodate for the water birth and laundry
- If using inflatable pool: blow up and put the liner on.
- Assemble birth supplies ex: birth ball
- Clear off dresser or nightstand for the midwives supplies
- Make extra ice
- Put hot water in the crock pot and turn it on low