

Home Birth Supply List

Have on-hand by 36 weeks

- Hot and cold packs
- Cups with straws
- Hydrogen peroxide
- Olive oil
- Plastic shower curtain or tablecloth
- At least 8 **clean** receiving blankets
- At least 6 **clean** towels
- At least 6 **clean** washcloths
- 2 sets of **clean** sheets (including cases for pillows)
- Paper towels
- Large bowl for placenta
- Digital thermometer
- Heavy maxi-pads
- Disposable underwear
- Lightweight robe
- Laundry detergent
- Way to ensure the birth environment stays warm

Optional

- Electric heating pad
- Exercise/birth ball
- Peanut ball
- Ibuprofen
- Tincture for during/after birth
- Affirmations
- Photos

Water-birth Specific

- Birthing pool
- Garden hose
- Shower hose adapter
- Clean tarp/plastic sheeting for under pool
- Electricity
- Clean, hot water
- Pots and stove or electric kettle to add warm water