



HOME BIRTH

supply list

LINENS

- 10-12 towels
- 5-10 wash cloths
- 6-8 receiving blankets
- Plastic sheet for bed
- Plastic sheet for under birth pool
- Blankets
- Pillows

SUPPLIES

- 2-3 big garbage bags
- Paper towels
- Container or Ziplocs for placenta
- Flashlight
- Supplies from midwife
- Waterproof/puppy pads
- Hand soap

POSTPARTUM

- Comfortable pajamas
- Disposable underwear
- Postpartum pads
- Newborn diapers
- Ibuprofen and acetaminophen
- Blanket for going home

EXTRAS

- Water bottles
- Yoga/birth ball
- Heating pad
- Lots of snacks and drinks
- TENS machine
- Bluetooth speaker