

Home Birth Supply and Preperation list:

Your Midwife will supply you with a kit for home birth which will likely include:

- Maternity size pads
- Peri-bottle
- Bendy drinking straws
- Mesh panties (you'll love 'em or hate 'em)
- Various underpads to protect your bed
- Vitamin D drops
- One large Ziplock freezer bag (For Placenta)

Items you will probably need to provide:

- 2 Plastic sheets (Cheap shower Curtains work well)
- 2 sets of old bed linen
- 6-10 large towels
- 6 face cloths
- 2 large bowls (or empty icecream bucket)
- Clean, comfortable clothes which are easy to nurse in
- Lots of old cotton underwear
- 6 receiving blankets
- Baby clothes including new born hats
- Important phone numbers by the phone

Other Items and preperations:

A charged phone (no lock) or camera for photos

Baby wipes

Disposable or cloth diapers

Hand mirror

Lip balm

Oil or powder for massage

Heating pad or hot water bottle

Ice in the freezer & Popsicles made from your favorite juice or tea

Juice, coconut water, herbal tea and snacks for you and your birth team

A very clean bathroom (you might spend a lot of time labouring in it)

Your birth plan/preferences printed

An idea of what you might like to eat after baby is born

