

# BIRTH KIT AND SUPPLY LIST



Your midwife Nataia has provided you with the best birth kit for your special day!

## Birth supplies:

Everything can be purchased at:

<https://www.preciousarrows.com/>

- 1 Gentleheel Lancet, Infant
- 1 Economy Bulb Syringe, 3 oz
- 1 Goldenseal Capsules (2)
- 4 Alcohol Prep Pads
- 1 Medline Gauze, Tray of 10
- 2 Sterilization Pouch, 5.25x10"
- 1 Plastic Backed Sheet
- 10 Basic Underpads, 23x36", Moderate Absorbency
- 5 Deluxe Underpads, 23x36", Heavy Absorbency
- 1 Infant Heel Warmer
- 2 Umbilical Cord Clamp
- 4 Gloves, Latex Sterile Pairs, Medium
- 4 Gloves, Latex Sterile Singles, Medium
- 3 Protection Plus Classic Choose Size
- 2 Premium Mesh Panty, Choose Size
- 20 Peach Contour OB Pads
- 1 Perineal Bottle
- 3 Perineal Standard Cold Pack

All these supplies can be gathered at your local dollar store etc or collected from your home.

- Large Mixing Bowl- for the placenta
- 1-large cookie sheet
- 3-4 Receiving Blankets
- 6-8 Bath Towels & 6 Hand Towels
- 2-6 Washcloths
- 1-Plastic Sheet, Water Proof Mattress Cover, or Shower Curtain
- 1 Box of Tissues or Roll of Toilet Paper
- 2 Large Black Yard Waste Garbage Bags
- 3+ Kitchen Size Garbage Bags
- 2 Sets of Sheets to fit the birth bed- Do not need to be new
- Food for Mom-ie. Applesauce, crackers, honey
- Hydrating Liquid (I like coconut water, Liquid IV)
- Hydrogen Peroxide
- Acetaminophen
- Birthing tub (liner)