

SUPPLIES FOR A HOME WATERBIRTH

💧 Waterbirth Tub & Accessories

- Birth pool (rental or purchased)
- Disposable liner (required for hygiene + infection control)
- Electric air pump (to inflate the tub)
- Electric water pump (for emptying the tub after birth)
- Drinking-water safe hose for filling
- Hose adapters for your faucet
- Thermometer (water temperature should stay between 36–37.5°C / 96.8–99.5°F)
- Floating strainer/net (for keeping water clear)
- Ground sheet or tarp (under the tub to protect the floor)

🌿 Comfort & Support Items

- Warm towels
- Washcloths for the forehead or neck
- LED candles or soft lighting
- Music or relaxation playlist
- A fan or cool cloth if you get warm
- Robe or warm blanket for getting in/out of the tub

⌚ Cleanliness & Safety Supplies

- Extra towels
- Waterproof pads
- Garbage bags
- Bowl for vomiting (just in case)
- Clean drinking water nearby
- Snacks and electrolyte drinks
- Optional: Waterbirth Evacuation Sling for safe third-stage support (highly recommended for midwife teams)

For Birth & Baby

- Receiving blankets
- A warm, clean surface for drying baby
- Camera or phone for photos
- Extra lighting if your midwife needs it

For Your Midwife or Birth Team

- Access to warm water
- Clear pathway around the tub
- Space for equipment and charting
- Birth plan printed (if you have one)

Reminder:

Always check with your midwife to confirm what they require and recommend. Every birth team may have slightly different preferences.