

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.