

## Supply List for Home Birth

4 sheets (washed and dried 20 extra minutes)  
12 washcloths  
6 bath towels (plus 6 more if planning a water birth)  
4 cotton receiving blankets  
1 baby t-shirt  
1 baby gown  
1 baby socks  
newborn diapers  
sanitary pads, extra large  
4 large heavy-duty plastic garbage bags  
2 trash cans or paper trash bags  
1 roll paper towels  
2 large bowls  
4 quarts juice  
2 quarts gatorade, recharge, or herbal tea sweetened with honey  
1 plastic sheet or drop cloth  
olive oil (unopened)  
hydrogen peroxide  
ice  
flashlight with new batteries  
watch with second hand  
digital thermometer

Birth kit with sterile supplies. Order by 30 weeks. If you are RH negative, add a blood typing kit to your birth kit order.

In His Hands

Birth With Love

Cascade

**Optional:**

birthing tub

heating pad

exercise ball

crook pot

sitz bath herbs

3 Depends (Adult Diapers)

camera or video camera

candles

relaxing music