

## HOME BIRTH SUPPLY LIST

By **34** weeks, you will need to order and prepare a basic birth kit to have handy for labor and delivery.

The direct link for our birth kit is

[https://www.preciousarrows.com/Cardinal\\_Birth\\_Custom\\_Birth\\_Kit\\_p/80063.htm](https://www.preciousarrows.com/Cardinal_Birth_Custom_Birth_Kit_p/80063.htm)

## PARENTS SUPPLY LIST

**THIS LIST MUST BE PROVIDED BY THE PARENTS BY 36 WEEKS, STORED & READY TO GO FOR LABOR**

### **For the Laboring Woman**

**-Towels- thick, at least 5 for intended land birth and 10 for intended water birth.**

*Consider white to be bleached or dark colors in case of blood*

**-Sanitary pads for postpartum, depends, or postpartum underwear**

**-Basic self care necessities** (hair ties, chapstick, wipes, etc)

*-Postpartum outfit/pajamas/nursing clothes*

*-Afterbirth Sitz Herbs for peri bottle (optional)*

### **-SNACKS FOR LABOR**

Consider snacks that are nutritious but also easy to eat in small amounts, and bigger heartier foods for longer labors.

**-Large floating bowl for placenta delivery in water**

**-Ziploc bag for placenta (gallon)**

**-Cups for birth tub to pour water**

**-Ibuprofen, arnica, etc for postpartum cramping**

**-Warming whole protein rich foods for immediate postpartum meal**

*Consider bone broths, soups, eggs, meats, dinner food, etc*

### **For the Baby**

#### **-Receiving blankets at least 5**

Consider these will be used for wiping down a fresh newborn, do not choose your very best for labor and delivery

-Baby hat (optional)

-Suction bulb (optional)

-Thermometer

-Birth/ footprint keepsake ? (optional with birth kit)

-Coconut oil (for baby's bottom to prevent sticky meconium butts)

**Oral Vitamin K** if you choose to use it (optional with birth kit)

### **OTHER**

**-Trash bags** (2 - one for birth linens, one for trash)

**-Under the birth pool floor protection-** table cloth or canvas sheet

**-Peroxide for cleaning up blood**

**-Clorox wipes, peroxide, paper towels, wipes, for cleanup**

**-Plastic cover for mattress**

## **DISPOSABLE POOL ITEMS**

**-New drinking water hose, drinking water safe, white or blue, 50ft**

(Optional with birth kit, or on la bassine website)

**-adaptors for pool pump or hose.**

(optional with birth kit)

**-Water pump for pumping water OUT**

(we no longer provide these to use, please purchase your own. Amazon has them for less money than the birth kit offers)

**-Birth tub liner for your tub size original or maxi**

(you may order these with your birth kit)

**Large "Fish" scoop net for pool waste**

(optional with birth kit)

**For the birth team**

**SHOE COVERS**

**\*We will remove our shoes at the door, but may choose to wear them if the floor is wet or contaminated with the products of labor.**

Access to Coffee, tea, water

Minor snacks, sandwiches, food, or access to food if possible.  
(menus, suggestions for delivery)

Toilet paper, tissues and paper towels, & access to the bathroom (does not have to be separate from the birthing person's bathroom, these do not have to be available with your birth kit, only accessible for the birth team's self care needs, handwashing, etc.)

If possible, a separate area for the midwife to converse with the birth team, for the team to rest during long labors or if necessary, change, and eat.

Please plan to be ready at the door for arrival at the time of birth, or leave the door unlocked.

Please make sure you clarify parking before labor.

Please make sure other attendants are not blocking the midwifery team's vehicles.