



## HOMEBIRTH SUPPLIES

- 2 sets of fitted cotton sheets
- 2 protective plastic sheets for bed (shower curtains or large, flannel-backed vinyl tablecloths, mattress pad, etc.)

To protect the bed from soiling, make bed with the following layers: **FIRST LAYER** – On the mattress, first lay one large plastic sheet followed by the cotton sheet. **SECOND LAYER** – Place second plastic sheet on top of the fitted cotton sheet, followed by the second fitted cotton sheet.

- 4 pillows in cases (may want to wrap plastic bag around pillow)
- 2 older blankets (to warm you if chilled)
- plastic sheeting to protect floors
- 8-10 large towels
- 15 wash cloths (can be purchased in large quantities at BigLots, IKEA, etc.)
- 2 large bowls (kitchen bowls fine)
- 1 large ziplock bag for placenta
- 2 large plastic-lined receptacles – 1 for laundry, 1 for trash
- Crock pot (optional)
- Heating pad (keeps baby blankets warm)
- Flashlight with fresh batteries
- Camera (optional)
- Emergency suitcase with necessary overnight items for quick transport to hospital
- 2 bottles electrolyte replacement drinks (eg, Recharge)
- Ice cubes
- Foods for labor and afterward
- Protein foods for birth attendants (in case things go a little longer than planned)
- 2 bottles hydrogen peroxide OR Oxo-Clean spray stain-remover
- Bleach for laundry (non-chlorine is fine)
- Baby clothes
- Diapers
- 8 receiving blankets (for getting dirty)
- Cotton hat
- Q tips (for cleaning umbilical cord)
- Ibuprofen
- Red raspberry leaf tea
- Stool softener such as Colace or senna (optional)
- Sanitary napkins for heavy flow

### **To ensure cleanliness:**

Wash all linens, then put in hot dryer for additional 20 minutes. When ready, immediately fold and separate the linens for mom from linens for baby. These may be placed in two separate bags. Birthing room and bathroom must be recently cleaned before birth, especially the tub!

Order birth kit from [www.1cascade.com](http://www.1cascade.com) (Midwife Seattle's custom kit).  
All items should be gathered and ready by the 37th week of pregnancy.