



# Birth Supplies for Home Birth

Please have the following ready by 37 weeks pregnant:

- 3 Pairs mesh panties (or other comfy underwear)
- 12 4x4 gauze pads
- 24 blue underpads
- 12 maternity maxi pads (consider wetting 6 of them and placing them flat in the freezer for handy cold packs afterwards)
- 1 squeeze bottle (about 500 mls)
- 4 bendy straws
- Hydrogen peroxide (500 ml bottle)
- 4 large black garbage bags.
- 1 large Ziploc bag (For the placenta)
- 1 bottle Tylenol (325 mg tablets)
- 1 bottle Ibuprofen (200 mg tablets)
- Gravol (useful in early labour)
- 1 digital thermometer
- Flashlight with batteries
- 1 box newborn disposable diapers
- 1 medium pot with lid
- 2 newborn hats
- 1 plastic sheet or shower curtain
- 2 fitted sheets (put the plastic sheet between)
- 4 large towels
- 8 face cloths
- 8 Receiving blankets--please set these linens aside with your birth kit.
- Epsom salts

You can also consider purchasing a pre-made birth kit from: [MamaGoddessBirthShop.com](http://MamaGoddessBirthShop.com)

## If you are using a birth pool:

- Plastic and towels for under and around the pool
- Fish aquarium net
- New garden hose and sink faucet adapter
- 2 large pails (2+ gallons)
- An additional 4 bath towels

## It may be nice to have some or all of the following, as you wish:

- Herbal perineal wash (for healing)
- Homeopathic Arnica 30C (for swelling & bruising)
- Hand mirror
- Liquid calcium-magnesium (for early labour cramps)
- Gel-type cold packs
- Hot water bottle/heating pad/microwave rice pack