

Home Birth Recommend Supply List

Medical Supply List

- 10 Underpads, Moderate Absorbency, 23" x 36"
- 5 Underpads, Heavy Absorbency, 30" x 30"
- 4 Attends Shaped Pads, 24" Heavy Absorbency
- 3 Protective Underwear, Super Plus, choose size above
- 1 Perineal Instant Cold Pads - standard
- 1 Perineal Irrigation Bottle
- 1 Instant Cold Peri Compress
- 1 Paper Tape Measure, 36"
- 1 Cord Ring - Umbi-Ring
- 1 Newborn hat, cotton
- 1 Flexible Straws
- 50 Non-sterile Gloves - Kimberly Clark Nitrile, med
- 2 Sterile Gauze, non-woven 4 ply, 4" x 4", 2 pack
- 1 Emergen-C Packets, choose flavor above
- 1 Kleen-Print Footprinter
- 1 Ziploc Bags, gallon size
- 1 Garbage Bags, 13 gallon "Kitchen" size
- 1 Glycerin USP Skin Protectant, 6 oz
- 1 Lansinoh Lanolin, 1/4 oz
- 1 Homeopathic Arnica 30c

General Supply List

Besides the Birth Kit, the following are a very good idea:

- A laundry basket or hamper, for soiled linens (gather the supplies below and place in basket, well not the snacks)
- A medium trash can and several trash bags (dark and strong are great)
- A medium bowl or plastic container ('Tupperware', think 1/2 gallon ice-cream size)
- Light snacks that appeal to you (crackers? popsicles? soup? toast? yogurt? fruit? etc)
- Drinks that you will drink (tea? juice? water? Recharge? EmergenC? smoothies? etc)
- A written phone list (not just in the memory of the phone or iPod)
- A camera (that someone besides the mom-to-be knows how to use)
- Working Flashlight (in case the power goes out)
- Extra batteries
- Feminine Hygiene products (overnight Kotex pads). Also a few 'hospital underwear' (Depends) are useful
- Digital thermometer
- A roll of paper towels (I love Bounty!)
- Bottle of Hydrogen Peroxide
- Things that are comforting to you (aromatherapy oils? candles? pillows? music? etc)
- Lots of clean towels, wash clothes, and baby blankets, about a dozen each. Used and worn are perfect!
- Newborn diapers and outfits for the first few days