



Birth Supply List

- 1 package of maxi pads (heavy flow or overnight. Do not buy "Always" brand)
- 2 plastic or metal bowls, one for the placenta and another bowl in case you get nauseated.
- 2 gallon size "Ziploc" style bags
- 1 large outdoor disposable picnic tablecloth with flannel backing. You will need one extra cloth or tarp for water birth.
- 1 plastic mattress cover or shower liner to cover bed
- 2 set of sheets. One set for during the birth, this set can be disposed of if necessary. The other set will be used postpartum.
- 2 large plastic garbage bags
- 1 roll each of toilet paper and paper towel
- 1 crockpot or large pot with a lid
- 1 cookie sheet
- 12 cloth washcloths or compresses. Compresses can be made by cutting up an old towel.
- 4-8 bath towels
- 2 bottles of electrolyte drink. You can buy Recharge, electrolyte water, "Gatorade" type drink, or if you prefer coconut water.
- 1 small bottle of olive oil (new)
- 1 flashlight with good batteries
- 1 hand held mirror
- 1 large bottle of hydrogen peroxide
- 1 fish net (if you are planning on a using the birth tub)
- 4-6 receiving blankets
- 1-2 baby hats
- 1 set of baby clothes
- ½ dozen disposable diapers
- 1 digital thermometer
- Food for during your labor and postpartum.
- Camera with charged batteries and available memory in the photo card. (optional)

Place these items in a box or together in an area where it will be easy to find during your birth. Aside from these things, please purchase a birth kit from Precious Arrows, https://www.preciousarrows.com/Nine_Moon_Midwifery_Custom_Birth_Kit_p/80087-03.htm. The base price for the kit is \$49.50.