

Homebirth Supply List



FOR THE BIRTH

Practical Supplies

- Chux pads or absorbent bed pads
- Towels (5-6)
- Washcloths (8-10)
- Old sheets
- Plastic sheet for the bed
- Large trash bags (2)
- A large bowl for catching/holding the placenta
- Handheld mirror
- Space heater

For Your Comfort

- Water bottle with lid and straw
- Water
- Caloric beverage (e.g., laborade, juice, tea with honey)
- Diffuser
- Essential oils
- Fitness ball
- Affirmation cards
- Candles or other low, soothing lighting
- Snacks (like groaning cake, honey sticks)
- Camera (or a birth photographer)
- Rice/Lavender bag
- A laboring dress or other loose clothing that leaves your bottom uncovered
- Music you love

FOR RIGHT AFTER THE BIRTH

Practical Supplies

- Large bowl to catch/hold the placenta
- Fresh sheets for the bed
- Peri bottle
- More chux pads
- Bulb syringe or nose frida
- Hydrogen peroxide (for cleaning blood)
- Blank book or baby journal you want to put footprints in (optional)

For Your Comfort

- A thick, heavy blanket
- Pajamas or loungewear that are soft, stretchy and allow easy access to breasts
- Depends or other disposable mesh panties
- Overnight pads and/or perineal cold packs
- Sitz bath herbs (for baths or in peri bottle)
- Nipple cream
- Orange juice (first drink after birth)
- Smoothie ingredients and supplies
- Rescue Remedy
- Foods you know you'll want to eat in the first 12 hours after birth
- Aftershave Tincture

FOR BABY

- Newborn diapers
- Pre-washed newborn size sleep sacks (2)
- Swaddling blanket (2)
- Rescue Remedy (applied to soft spot)
- Co-sleeping set-up
- Arnica oil (for any bruising and on bottom to make it easier to wipe of meconium)

Free Birth Supply List



FOR THE BIRTH

Practical Supplies

- Chux pads or absorbent bed pads
- Towels (5-6)
- Washcloths (8-10)
- Old sheets
- Plastic sheet for the bed
- Large trash bags (2)
- Herbal tinctures in case of heavy bleeding
- Sterilized scissors or other method for severing the cord
- Handheld mirror
- Space heater

For Your Comfort

- Water bottle with lid and straw
- Water
- Caloric beverage (e.g., laborade, juice, tea with honey)
- Diffuser and Essential oils
- Fitness ball
- Affirmation cards
- Candles or other low, soothing lighting
- Snacks (like groaning cake, honey sticks)
- Rice/Lavender bag
- A laboring dress or other loose clothing that leaves your bottom uncovered
- Music you love

FOR RIGHT AFTER THE BIRTH

Practical Supplies

- Large bowl to catch/hold the placenta
- Fresh sheets for the bed
- Peri bottle
- More chux pads
- Bulb syringe or nose frida
- Hydrogen peroxide (for cleaning blood)
- Blank book or baby journal you want to put footprints in (optional)
- Gallon ziplock bag for placenta

For Your Comfort

- A thick, heavy blanket
- Pajamas or loungewear that are soft, stretchy and allow easy access to breasts
- Depends or other disposable mesh panties
- Overnight pads and/or perineal cold packs
- Sitz bath herbs (for baths or in peri bottle)
- Nipple cream
- Orange juice (first drink after birth)
- Smoothie ingredients and supplies
- Rescue Remedy
- Foods you know you'll want to eat in the first 12 hours after birth
- Afterease Tincture for afterpains

FOR BABY

- Newborn diapers
- Pre-washed newborn size sleep sacks (2)
- Swaddling blanket (2)
- Rescue Remedy (applied to soft spot)
- Co-sleeping set-up
- Arnica oil (for any bruising and on bottom to make it easier to wipe of meconium)