

HOME BIRTH ESSENTIALS *CHECKLIST*

ESSENTIALS

- ☐ Birthing pool with hoses, pump & liner
- ☐ Enough hot water - to fill pool and refill
- ☐ Waterproof mattress protector
- ☐ Waterproof fabric covering ie. shower curtain
- ☐ Puppy pads
- ☐ 15+ Bath towels
- ☐ Easy to eat meals or high energy snacks
- ☐ Straw water bottle
- ☐ Fishnet or faeces scoop
- ☐ Wash cloths
- ☐ Heat pack/s
- ☐ Fan or temperature control
- ☐ Affirmation cards
- ☐ Hand mirror
- ☐ Lip Balm

POST - BIRTH

- ☐ Placenta bowl
- ☐ Soft blankets for mama and baby
- ☐ Disposable postpartum underwear
- ☐ Maternity Pads
- ☐ Oversized comfortable black knickers
- ☐ Dressing gown or button up shirt/pjs
- ☐ Peri wash bottle
- ☐ After meal nourishing meal

OPTIONAL EXTRAS

- ☐ Birth Ball
- ☐ TENS Machine
- ☐ Electrolytes
- ☐ Speaker & playlists
- ☐ Candles or Fairy lights
- ☐ Oil diffuser & essential oils