

## Home Birth Supply List

We are looking forward to sharing a wonderful homebirth experience with you and your family. We supply all the necessary medical equipment and instruments. To prepare, please order "The Classic Home Birth Kit" or "The Deluxe Home Birth Kit" from Mama Goddess Birth Shop.

**The Classic Home Birth Kit: \$39.95**

<http://mamagoddessbirthshop.myshopify.com/products/semiahmoo-midwifery-home-birth-classic-kit>

**The Deluxe Home Birth Kit: \$85.00**

<http://mamagoddessbirthshop.myshopify.com/products/semiahmoo-midwifery-deluxe-birth-kit>

This kit includes items listed in "The Essential Home Birth Kit", as well as the following:

- 1 – Epsom Salts
- 2 – Garbage bags (1 for laundry & 1 for garbage)
- 2 – Zip lock baggies
- 1 – Oral Thermometer (Ensure working & accurate)
- 1 – Hydrogen Peroxide (For clean up)
- 1 – Bottle Tylenol
- 1 – Bottle Ibuprofen
- 1 – Gravol (long lasting)
- 1 – More Milk Tea
- 1 – Labour Massage oil
- 1 – Arnica homeopathic (Natural anti-inflammatory)
- 2 – Emergen-C (Electrolyte drink)

### **Other necessary and helpful items:**

- Plastic sheets for mattress (Options include: 2 shower curtains, plastic mattress cover, plastic painter sheets)
- 2 sets of bed linen:
  - 2 birth sheets, 1 fitted and 1 flat
  - 1 set of sheets for a clean bed after the delivery
- 6 – Large towels and 2 hand towels (more if planning a water birth)
- 4 – Wash cloths for perineal compresses and for cold compress on face, neck, etc.
- 1 Roll of paper towels
- A bright, portable lamp, high power flashlight
- Lots of pillows (a few with plastic protectors if possible)
- A large pot or crockpot for warm compresses
- Heating pad, hot water bottle or "magic" bag for microwave
- Large hand or portable mirror
- Ice chips, fruit popsicles, energy drinks, juices
- camera

### **For Baby:**

- 8 - Receiving Blankets (used is best/washed)
- 1 or 2 – Extra baby hats
- Newborn disposable diapers
- Baby's first clothes (under shirt, sleeper)

A birth ball can be very helpful. Make sure you have some good snacks on hand (midwives get hungry too!) and think about some food for after the birth. New mothers are often very hungry! Set aside some clean comfy clothes for you to get into after the birth.

Put the clean linen, towels, receiving blankets and baby clothes in a clean plastic bag, twist tie and place with all the other supplies in a clean container so they are organized, in one place and we can access them as quickly as necessary.