



Home Birth Supply List

Quantity	Items most likely already in your home (necessary items):
6	Absorbent bath towels
6	Wash cloths (two of which we will use bleach)
4	Hand towels for the baby
12	Plastic Grocery Bags (to wrap up items after the birth)
1	TALL kitchen garbage can with trash bags (about a 10 gallon size)
1	Large mixing bowl or pan (in case you get sick)
1	Large stock pot 2-3qt (for preparing herbs that will be used after the birth)
2-4	Receiving blankets (the bigger the better to swaddle)

Items you might have to buy (necessary items):	
1	Electric Heating pad, This is used for warming the baby after the birth
1 Btl	Bleach. We only need 1 cup to clean OUR supplies
1-2	Thermometer NOTE: Thermometers for use in the ear do not work well for newborns We strongly suggest "Vicks" comfort-flex IT IS FAST AND ACCURATE
1box or 1 Btl	Straws or sports bottle

Items you most likely will have to buy (necessary items):	
<i>Items with a (*) can be purchased at www.InHisHands.com</i>	
1-2 pkg	New born diapers with the cut out for the cord (If you already have diapers, they can either be cut or folded. Please get diapers with an INDICATOR STRIP.)
1	Rubbing Alcohol (smallest bottle you can find)
3 Large Btl	Hydrogen Peroxide
3 Large Btl	Sports drink such as: a Powdered Electrolyte Drink, Recharge, Gatorade, Pedialyte Pops
1	* Peri Bottle (a squirt bottle that will be used to wash the vaginal area after birth) this is extremely hard to find locally. We suggest you order it from InhisHands.com
1 pkg	* Sanitary Pads: Hospital style / largest size Hard to find in local stores
40 total	* Absorbent/Waterproof Underpads: X-LARGE approximately 23x36 (usually 20/bag) It is best to have two different sizes the X-Large and the Large.
1	Protective bed covering (*Plastic mattress covers are available for purchase. Tablecloths with flannel on one side and plastic on the other are the best option.)
1btl	Oil for perineum, unopened. Ex: sweet oil found in the ear section, almond oil, Scented or a warming oil should not be used on the perineum.
1	Sweet Oil or coconut oil for the baby's bottom when changing diaper

Items other clients found helpful to have on hand for the birth (optional items):	
1	* Ibuprofen and/or "After Ease" (NOT aspirin or acetaminophen)for after birth discomfort)
1 Bag	2 large cups (or one bag) of ice from Sonic Restaurant (for an ice pack after birth)
2 Btl	Prune Juice (quick boost of iron / will also help with any constipation)
1 Btl	Massage Oil (may be scented and will be used on different parts of your body)
1-3	* Disposable Stretch Briefs Or many clients enjoy a "depends" instead of stretchy panties. Incontinence briefs

Please have ready:

The first outfit you wish to wear after the birth (including a pad and underwear or brief)
Someone (Adult) to help you for the first 24 hours. Hopefully someone who has not been up all night with you.
The first outfit you wish your baby to wear after the birth (including a diaper)
Whatever food you would like to eat after birth (already or easily prepared)
The bed prepared in the following manner when labor starts:

1. Place a set of clean sheets on your bed (these should be the sheets that you wish to get into after birth).
2. Cover the clean sheets with plastic bed covering (tablecloths that are flannel on one side, flannel side up)
3. On top of the plastic bed covering, place another set of sheets on which you might labor/birth.
4. To protect pillows place them in kitchen size garbage bags, and cover them with a pillow case

If using a tub:	
1	New Garden Hose
1	Adapter to attach garden hose to a faucet
1	Sterile liner for birth tub to fit the tub you have rented/bought
2	Pumps, one to air up tub and one to pump out the water