

Home Birth Supply List:

- Digital oral thermometer
- Covering to protect carpets/mattress—consider plastic drop sheets or shower curtains from the Dollar Store
- Extra pillows, 2 sets of fitted sheets, two warm blankets for mom
- Bendable drinking straws
- Massage lotion or oil, lip balm
- Hot water bottle or rice bag
- 4-8 clean older wash cloths (for compresses)
- 6 large clean older towels (to dry mom or baby)
- 6-8 receiving blankets
- 2 medium bowls (1 if you are nauseous and 1 for the placenta) ·
- 2 large garbage bags
- a roll of paper towels
- a flashlight and fresh supply of batteries ·
- 1 large pack of overnight sanitary pads (preferably not Always)
- A loose gown or comfortable pajamas to wear after the birth, preferably opening in front for skin-to-skin contact and ease of breastfeeding
- Diapers, 2 newborn size baby hats, two onesies (undershirt) and two sleepers for baby
- Hydrogen peroxide or “green” bleach (to remove blood stains if needed)
- Car seat, health card, blankets and warm clothes for baby in case of transfer to hospital