

Prep list for home birth

• Supplies for You

- Food for labour - easy to eat , light carbs , not strong smelling, fruit, nuts , etc
- Refillable water bottle
- labouraid/coconut water/electrolyte mix
- Pillows, at least two
- Pail or bowl for vomiting
- Ice cubes or Popsicles
- Ice pack
- Hot pack/ hot water bottle
- Comfortable clothing options , dressing gown ,comfy dreff etc
- Floor sheets/ incosheets
- Facecloths 2 sets : 1 for warm compress to perineum , 1 for cool compress for forehead
- Mirror
- Dark coloured Towels
- Comb - for hand acupressure
- Birth ball
- Speaker for birth music
- Thermometer for pool
- OTC Meds if wanted : paracetamol , buscopan
- Bowl or receiver for placenta - large mixing bowl
- Pool - pump and heating system
- Incense , candles , altar
- TENS machine if using one
- Affirmations , letter to you or baby for reading during
- Essential oils : lavender - calm , peppermint - pick me up , clarysage - aids surges
- Teas / tinctures : Raspberry leaf and Yarrow teas to drink between baby and placenta
- Hair ties/brush/clips

• For baby

- Weighing scale
- Receiving blankets
- Large, clean towels
- Cord cutting supplies - tie and scissors
- Suction if wanted
- Cloths if dressing after skin to skin
- Nappies
- Swaddling cloth

• Other Supplies You May Find Helpful

- Sleeping arrangements , ie bedroom downstairs for a few weeks may be easier than climbing stairs post partum
- Numbers for people you want to contact , ie doula , midwife, family etc
- Large period pants or other waterproof underwear or pads
- Fairy lights
- Lamp or other dim lighting
- Digital thermometer
- paper towels
- Bin bags
- extension cord or power barCamera
- Music and music player
- Notebook
- Small, bright lamp
- For your bed :Bottom layer: a clean, fitted sheet ,Middle layer: any waterproof fabric covering such as a shower curtain or plastic sheet , Top layer: a clean, fitted sheet
- Stain remover for laundry such as or baking soda
- Blankets
- Extra pillows
- Toiletries close by (toothbrush, toothpaste, etc.)
- Hospital bag ICE

