



Birth Preparation and Supply List

Be prepared for a stress-free birth no
matter where you deliver

HEY *Mamas!*

No matter where you plan to deliver your baby, having your bags properly packed and having all of your plans in place can help make your labor and your first few days with your baby more pleasant.

This Birth Preparation and Supply List includes a birth bag checklist, and a guide to preparing your home for returning after birth, dealing with family, birth foods, and more!



Home Birth Supplies

Supplies For You

✓ Checklist

Have the following items purchased, organized and packed by **37 weeks**

- Light food for labor, ie. fruit, nuts, nut bars
- Refillable water bottle
- Pillows (at least 2)
- Ice chips, ice cubs, or popsicles
- Ice pack
- Comfortable clothing options
- Large pack of adult diapers
- Pack of 40 incontinence bed pads
- bendable straws
- Lemon or orange essential oil (*optional*)
- Mirror (*for watching birth if you wish to*)
- Acetaminophen 500 mg (*Tylenol or generic brand*)
- Diphenhydramine 25mg tablets (*Benadryl or generic brand*)
- Ibuprofen 200mg tablets (*Advil, Motrin, or generic brand*)
- Dimenhydrinate 50mg tablets (*Gravol or generic*)
- 4-6 washcloths
- hot water bottle
- Electrolyte drinks or honey
- 4 boxes of 4x4 sterile gauze squares
- Comfortable clothing options (*night gown, oversized T-shirt, robe*)

Baby

- Newborn & Size 1 diapers
- 2-4 baby hats (*newborn sized*)
- Receiving blankets
- 3 oz. bulb syringe
- Baby onesie & sleeper
- 4-6 large, clean towels
- Olive oil (*for baby's bottom*)
- Baby wipes



Home Birth Supplies

✓ Checklist

Have the following items purchased, organized and packed by **37 weeks**

General Supplies for Birth & Your Home

- Digital thermometer
- 1 large roll of paper towels
- Large, sturdy tray (*ie. cookie sheet*)
- Bottle of hydrogen peroxide
- Bottle of rubbing alcohol
- Wide mouth Mason jar
- 2 large garbage bags for laundry & garbage
- Grounded (3 prong) extension cord or power bar
- 2 gallon-sized, zippered plastic freezer bag for placenta
- Flashlight & batteries
- Container of disinfecting wipes
- Container for placenta (*lasagna pan-sized*)

For your bed



- **Bottom Layer:** clean, fitted sheet
- **Middle Layer:** waterproof covering (*ie. shower curtain or plastic sheet*)
- **Top Layer:** clean, fitted sheet
- Pillows lined with plastic bags and pillow slips
- Laundry stain remover
- Blankets

Other Supplies You May Find Helpful:

- Camera
- Notebook & Pen
- 2 small hair combs
- Music
- Small, bright lamp
- TENS machine (*if you have one*)



If you choose a waterbirth:

- 50' Garden Hose
- Fine mesh kitchen colander
- Sump pump to empty pool after
- Pool thermometer
- Sterile pool liner (\$50 purchased through OMC)



Cultural Items Checklist

- Baby Welcome Speech
- Rattle
- Cedar (*for first bath-optional*)
- Drum
- Tobacco
- Baby Leather Bracelet & Speech (*optional*)

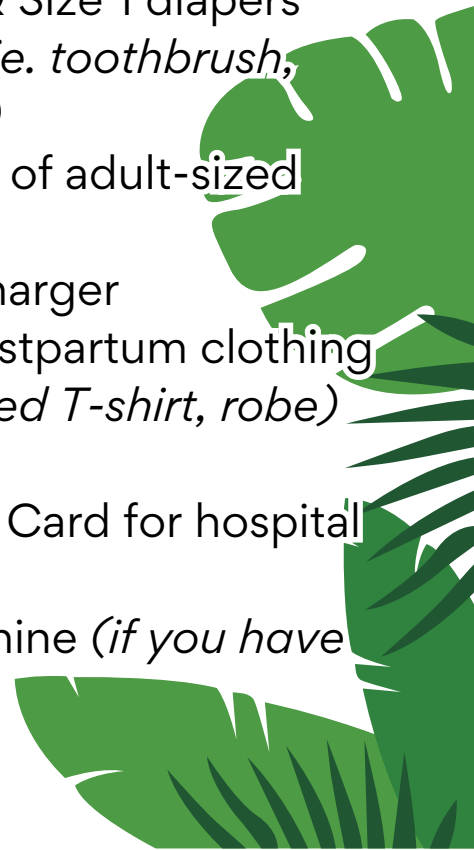


Hospital Bag Checklist



- Extra pillows
- Refillable water bottle
- Health card
- Clothes for baby to come home in
- Comfortable clothes for you to come home in
- Slippers
- Breath mints
- Electrolyte Drinks & Honey Sticks
- Massage Tools
- 2 small hair combs

- Snacks (*ie. fruit, nuts, bars*)
- Infant car seat
- Newborn & Size 1 diapers
- Toiletries (*ie. toothbrush, toothpaste*)
- Large pack of adult-sized Depends
- Phone & charger
- Labor & postpartum clothing (*ie. oversized T-shirt, robe*)
- Lip balm
- Cas/ Debit Card for hospital parking
- TENS machine (*if you have one*)



Food Ideas

FOR LABOR & POSTPARTUM

FOODS

- dried fruit
- grapes, berries
- frozen blueberries
- Kind nut bars or MadeGood granola bars
- trail mix
- protein bars
- oatmeal
- chopped fruit (*watermelon, cantaloupe, honeydew*)



- raspberry leaf tea
- LMNT
- BodyArmour, BioSteel, Zero Lifewater
- coconut water
- popsicles (*all fruit juice*)
- LaborAid Tea
- honey Packets or HoneyStinger

Within the first hour following a vaginal birth, hunger will kick in! However, if you have a C-section, you may need to wait several hours before starting even a liquid diet. Either way, by the time you get to your first postpartum meal, you will want something hearty!

You will need nutritious, easy-to-fix snack foods for yourself AND your birth team.

You may also choose to have food delivered to you, but keep in mind if you birth in the middle of the night, that might not be an option, so make sure you are prepared!



Items to Have At Home for Postpartum

- Earth Mama Herbal Perineal Spray
- Postpartum Herbal Sitz Bath
- Peri Bottle
- Baby Thermometer
- Haakaa Breast Pump
- Adult Depends
- Silver Nipple Covers
- Mother's Milk Tea
- After-Ease or Cramp Bark
- Tylenol or Ibuprofen
- My Brest Friend
- Reusable breast pads
- Tubby Todd Ointment
- Sling
- Glider/Rocker

