

# Home Birth Supply Checklist

## General supplies:

- Digital thermometer
- Lots of towels, all sizes at least ten. Can vary in quality, some will be used on the floor.
- Washcloths
- Water bottle
- Hot water bottle or heat pack
- Ice pack
- Ice chips, ice cubes or frozen poppers
- Fluid-replacement drinks or honey and lemon tea frozen into ice cubes
- Soup of your choice easy for midwives to heat after birth for you
  - Dong qui
  - Bone broth
  - Hearty vegetable
- Bucket or bowl
- Comfortable clothes
- Extra-large overnight pads x1pack
- Maternity pads x3 packs
- Frozen ice pads x ten
- Paper towels
- Large bin for rubbish
- Large basket for laundry
- Large bowel (for the placenta)
- plastic container or bag (for the placenta to go in the freezer)
- Notebook, camera, music player, (all optional)
- Universal tap fitting
- small dim lamp
- Drinking water hose long enough to go from your tap to where you would like to have a birthing pool



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## For the bed:

Pillows lined with plastic bags, with pillowcases over top are optional

- Bottom layer: clean fitted sheet (this is the layer you will rest on **post-birth**, when you're tucked back in bed with your baby)
- Middle layer: waterproof covering, such as a shower curtain or a plastic sheet
- Top layer: clean fitted sheet (choose an old one, as it might get stained)
- Stain remover for laundry
- Extra blanket

*Note: Midwives will provide disposable underpads.*

## For the baby:

- Newborn nappies
- Newborn onesie
- Large towels
- Two newborn hats
- Receiving blankets
- Hot water bottle

# Transfer Bag

(In the rare event that we need to change location)

## **For Mum**

Underwear x 5  
2x tops  
2x pants  
2x packets pads of your choice  
(maternity)  
Socks x 2 pairs  
Warm jumper  
Phone charger  
Snacks  
drink bottle  
toiletries

## **Optional**

Pillows x 2  
Portable speaker  
Essential oils  
Fairy lights

## **For Baby**

2x wraps/bunny rugs  
1x pack of newborn nappies  
1x pack of wipes  
2x newborn socks

## **For Partner**

Change of clothes  
Snacks  
Swim shorts  
Sleeping bag (optional)  
Drink bottle  
food