



## Homebirth Supply List

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1. Large sauce pan/Dutch oven
2. 1 Cookie sheet
3. 2 sets of sheets for birth that are fine to get dirty
4. Shower curtain or flannel backed tablecloth and plastic mattress liner
5. 8 Clean wash cloths (launder if new)
6. 2 Big heavy duty black trash bags
7. 2 gallon size freezer bags (Ziploc style)
8. Paper towels – 1 roll
9. Toilet paper – 1 roll
10. Large bottle of hydrogen peroxide
11. Food and water
12. Juice or labor-ade
13. Blankets for baby
14. 12 Clean bath towels (launder if new)
15. Large bowl
16. Olive oil
17. Flashlight with extra batteries
18. Pitcher
19. 1 box of overnight pads and one box of regular pads (please consider organic/chemical free)
20. 200 mg Ibuprofen for afterpains – also consider homeopathic Arnica Montana (oral or gel)

Optional for your comfort during labor and postpartum:

1. Fan
2. Ice
3. Lotion/oil
4. Hair tie
5. Aroma therapy
6. Massage items
7. Hot/cold packs
8. Lip balm
9. Music/play list
10. Birth ball

Optional items can be ordered from [www.preciousarrows.com](http://www.preciousarrows.com) for water birth or laboring in water, things for your comfort, and some fun baby items:

1. Lead free hose 25 or 50 ft. (please purchase proper attachments for your sink, shower, or water heater)
2. Tub liner (Eco Large)
3. Net
4. Connection hardware for hose to your water source
5. 1 Kleenprint Footprinter (for baby footprints)
6. 1 Keepsake Homebirth Certificate, choose style (for baby footprints)
7. Eldon Card – for blood typing baby with blood from the placenta

Coming in your birth kit that your midwife will order from **Precious Arrows**:  
(Please check contents upon arrival)

24 Large Deluxe Underpads, 30x36"

2 Alcohol Prep Pads

2 Gloves, Aloetouch Sterile Pairs, Small

2 Gloves, Aloetouch Sterile Pairs, Medium

2 Mesh Panty, choose size

1 Umbilical Cord Tape, Sterile

1 Umbilical Cord Clamps

1 Peri Bottle

2 OB Pad, Heavy

4 Capri Plus Maxi Pads

4 Capri Plus Midi Pads

1 Davol Bulb Syringe, 2 oz

5 Avant Gauze Sponges

1 Newborn Paper Tape Measure, 36"

1 Povidone Iodine Scrub Brush

1 Infant Heel Warmer

1 Small Round Bandaid

1 Tenderfoot Lancet

1 Sani-cloth wipe

\*\*\*If blood type is negative, you will receive an Eldon Card\*\*\*

\* Jen will provide postpartum herbs for your bath and peribottle.