

Homebirth Supplies & Checklist:

Please have these supplies gathered **prior** to the **36 week home visit**, so you will be prepared for whenever your baby is ready. Simply follow this home birth preparation checklist and you'll be set!

When collecting items for your home birth, remember they may get soiled or stained. Be sure to select linens that you don't mind throwing away.

- Order your birth kit:** Please choose the “water birth kit” option if you are planning a water birth.
 - [Birth Kit - Sacred Haven Midwifery](#)
 - [Water Birth Kit - Sacred Haven Midwifery](#)
- 2 fitted sheets sized for your bed:** To double make the bed in 3 layers ahead of labor/birth, with vinyl sheet protector (included in birth kit) placed between sheet layers to keep bottom sheet clean for postpartum
- 8-10 receiving blankets:** Cotton or flannel is best for warmth
- Extra pillows:** can use trash bags as barrier between pillow and case if not washable
- 6-10 bath towels**
- 4-6 washcloths or small hand towels:** For warm/cool compresses
- 2 large trash cans, boxes, or laundry baskets:**To use for trash and soiled linens
- 4 extra-large trash bags**
- 3 gallon size freezer bags**
- Flannel back tablecloths:** to create a path/barrier to protect your carpet from blood/stains from bed to bathroom.
- 2 large metal or plastic bowls**
- 1 tub of disinfecting wipes**
- 1 roll of paper towels**
- 1 roll of toilet paper**
- 1 pack peri pads/menstrual pads:** In addition to the pack in your birth kit
- Diapers, wipes, and clothing for baby**
- Coconut, olive, or grape seed oil, in a small container:** to help with newborn diapering
- 1 bottle of witch hazel:** Found near first aid items in drug store
- 1 bottle of hydrogen peroxide**
- Handheld mirror**
- 1 flashlight with batteries**
- Pack a “just in case” bag to be ready in the event a transport to the hospital is necessary.** Include clothing for mom, shoes/slippers for mom, clothing for baby, a copy of your birth plan, cell phone charger, and snacks for labor.

Here are a few tips to help you prepare your home birth supplies:

Wash and dry all linens and store in a large plastic tote with a lid. Try to leave your washer and dryer empty when you go into labor so your midwives can start washing the soiled linens before they leave.

Clear a surface in your birth space for your midwives to place their supplies. This can be the top of a dresser, bench, bathroom counter, or even just space on the floor that is out of the way. Having a designated space for your midwives' equipment will be extremely helpful for them

Additional Comfort Items/Ideas for Labor and Postpartum

Music: Create a playlist or two of music that you'll want to play while laboring. Depending on your style, you may want a playlist of calming music and a playlist of upbeat music to match your mood while in labor. You can also find a hypnobirthing playlist or app if you prefer that to music. Have a speaker ready and charged to keep you swaying or dancing through contractions!

Soft Lighting: If you are laboring at night, which is very common, you'll want some soft lighting to help create a soothing, cozy environment. Battery-powered candles, dimmable lamps, or string lights are perfect for giving off just enough light to see but will still give you a calming ambiance.

Birth Affirmation Cards: You can easily find birth affirmation cards on Etsy or create some yourself. Hang them up around your birth space and bathroom to offer encouragement and remind you of how your body was made to do this!

Other Home Birth Comfort Items:

- Blankets you don't mind getting soiled.
- Essential oils and diffuser.
- Birthing ball

Snacks and Drinks:

- Stock your fridge and pantry with a variety of snacks and drinks for you and everyone in the home for the birth.
- It is also helpful to prepare a few meals that are easily reheated after the baby is born. Your midwife and/or doula will help you clean yourself up, tuck you into bed, help your baby latch and breastfeed, and bring you your "victory meal."
- Stock your fridge with drinks that encourage extra hydration such as electrolyte powders, coconut waters, juice, or labor-aid. Have nutritious and protein-packed snacks nearby, such as fruit, nuts, trail mix, granola bars, chia seed pouches, applesauce, fruit snacks, meat/cheese, yogurt, and peanut butter for when you feel hungry and need a boost of energy.

For the Nightstand:

- AfterEase After Birth Contractions tincture to help ease the discomfort of post-delivery contractions.
- Ibuprofen can be taken as needed for soreness, but do not take this while pregnant.
- Nipple cream, coconut oil, or olive oil can be applied for nipple tenderness when breastfeeding.
- Vitamin E capsules (400 IU) and Vitamin C for postpartum healing

For the Bathroom:

- Sitz bath supplies, witch hazel pads, and perineal spray will offer pain relief and will encourage quicker healing of your tender areas.
- Peri pads/disposable underwear if preferred
- You will also want to keep a peri-bottle next to the toilet and use it to spray your tender area when going to the bathroom.
- A plastic caddy, basket, or cart to store all of your bathroom supplies and keep in easy reach of the toilet may be helpful