

Your Birth Supply List

Please gather these items and place in boxes or paper bags by your 36 week home visit. Clearly label a “birth” box, “baby” box, “postpartum” box, etc. so that members of your birth team can easily locate these items during and after your birth. Make sure towels, washcloths, baby clothing and diapers are washed at least once or twice in mild soap. We will do laundry after your birth, so soiled sheets/blankets will be cleaned quickly.

Please ask us about anything you have questions about. You should be able to gather most of these supplies from your home, or borrow them. Some items can be made ahead, instead of being purchased. A few items you will probably need to buy.

Birth Supplies

- Towels - at least 4, more if planning a water birth
- Large stack of old towels/cloths for wiping floors, other messes
- 12 washcloths
- 2 sets of clean bed linens - one on the bed and an extra for after the birth. Note that these may get bloody during and after birth.
- Waterproof mattress liner or shower curtain liner under the sheets on bed
- Liquid or other hand soap for bathroom sink
- Unscented baby wipes
- Unopened small bottle of olive or almond oil
- 3 garbage bags, thick enough to hold birth waste
- Sealable container/gallon-size Ziploc bag for placenta
- Flashlight with new batteries
- Electric heating pad and/or hot water bottle

Have these supplies readily available in your kitchen

- 6+ large bottles of Recharge or other electrolyte beverage
- Large stockpot for boiling water
- 2 medium/large mixing bowls
- Large metal cookie sheet
- Food for you and your birth team. Since giving birth can be long and physically demanding process, stock up on a wide variety of foods you might choose when feeling ill, such as soup (make some ahead of time and freeze), miso, fruit, bread, crackers, honey, yogurt, oatmeal, and ingredients for smoothies. We will encourage you to eat frequently so that you have the energy needed for labor and birth, and will also encourage all members of your birth team to eat and drink to stay energized to better support you! It is best to grocery shop close to your due date and have a full pantry around labor time since most families will want to stay close to home for the first week after birth.

Birth Tub Supplies

If you plan to rent Nest's birth tub, you will need these items:

- 4-6 extra towels
- Large tarp for under birth tub
- New garden hose *suitable for hot water*. Check the labels. Rinse ahead of time with a dilute bleach solution, drain and set aside.
- Hose adapter to fit your kitchen or bathroom sink, available at most hardware stores
- Fishnet for removing debris from tub
- A new liner for the birth tub

Baby Supplies

- 6+ receiving blankets, washed well ahead of time. Note that these may get messy/bloody, so put away the nice family heirlooms!
- 2 kimono-style baby shirts
- Digital thermometer
- Diapers (if using new cloth diapers, they need to be washed several times for maximum absorbency and softness)
- For baby's skin - olive or almond oil
- Baby wipes, cloth or unscented disposable ones
- Car seat - install well ahead of time and have it checked at a local car seat clinic. Check out www.actsoregon.org for clinic listings.

Postpartum Supplies

- Arnica homeopathic gel or tablets
- Calendula tincture
- Tea Tree oil, optional
- Large and regular-size maxipads/pantiliners (remember that most moms bleed for 4-6 weeks postpartum, so stock up!)
- Herbal sitz baths and basin/container for sitting in
- Crampbark tincture
- Tylenol, mostly necessary for women giving birth second time or more
- Smooth Move Tea - nice to have, especially if you have stitches
- 2 large bottles of hydrogen peroxide