



Home Birth Supply List

- Please order a birth kit from from Precious Arrows under Nicole Pegher http://www.preciousarrows.com/South_Shore_Home_Birth_Midwifery_Custom_Birth_Kit_p/80316-15.htm
- Please have a car seat installed for your baby
- 7-8 washed flannel receiving blankets for the baby, please do not supply the muslin blankets
- 4-5 large clean bath towels
- 2 large leak-proof garbage bags
- 2 brown paper bags (grocery size) 1 for soiled linen, the other for trash
- 3 medium bowls (plastic or metal)
- 2 plastic grocery bags for placenta bowl
- 1 small unopened bottle of olive oil
- 6 quarts of any electrolyte drink
- 1 bright flashlight, in working order
- 1 fitted plastic sheet to protect your bed from fluids - or plastic shower liner
- 6 washcloths - preferably white, you can rip an old clean towels
- 2 sets of clean sheets (1 for labor, 1 for afterward)
- A good supply of ice- crushed or cubes is fine
- Diapers, shirts, gowns, for baby- washed and ready to wear
- Baby wipes
- 2 rolls of paper towels
- Crock pot
- Gas in your car
- T-shirts or nursing shirt for afterwards (2-3)
- Telephone number to nearest maternity hospital and your pediatrician
- Food for the laboring family (and attendees). Food can be prepared in advance that is nourishing and easy to digest (such as chicken soup) and is a good meal that will be ready to eat after the birth, regardless of the time. Healthy snacks such as fruit, eggs, cheeses, whole grain breads, tea, honey, peanut butter, raisins, nuts, etc. Depending on the time of day and the length of the labor, the laboring family and midwives may need something more substantial.
 - Large bottle of hydrogen peroxide
 - Heating pad or rice sock
 - Optional: Tarp for your floor (only with birth tub), relaxation CD, music, chap stick, cameras, chamomile tea, red raspberry tea, witch hazel, a commode or portable toilet if your bathroom is on a different floor, candles, etc. Herbals, homeopathics, etc., although we bring a large supply.
 - If you are planning a water birth, please get a new hose, attachment for hose to attach to your water source. Pool liner (ask Nicole which liner you will need because this depends on which birth tub you will be using.)
 - It may also be helpful to add a fish net for water births. There is a lot that comes out of the body during birth. The fish net catches more undesirable substances.