

## Home Birth Supply List

To order Homebirth Kit, which contains your disposable birth supplies, visit:

[www.radiantbelly.com/foothill.htm](http://www.radiantbelly.com/foothill.htm)

Options: (1) A footprinter can be used to create footprints transfers, I will supply the decorative birth certificate (2) The mattress bag is to protect your mattress, choose your bed size. (3) The reusable underpads are really handy for the postpartum period to put on your bed or anywhere you lay. (4) Order a pool liner if you are using my La Bassine birth pool. (5) The sitz baths can be used for postpartum healing and/or for a baby/mom shared bath.

- ☐ A hearty meal for postpartum (prepared and put away ahead of time)
- ☐ Labor food: Liquid-y type food such as yogurt, applesauce, pudding, ice cream.
- ☐ Drinks: Water, Recharge or Gatorade
- ☐ Clif Shotblocks or generic
- ☐ Two sets of sheets for your bed
- ☐ 3 mixing bowls or large tupperware (metal or plastic)
- ☐ 7+ bath towels
- ☐ Thermometer
- ☐ 5 receiving blankets
- ☐ Carseat set up in your car
- ☐ Ice
- ☐ 6 washcloths
- ☐ 3 garbage bags
- ☐ A pack of "Depends" or generic
- ☐ Two tall trash bags.

### If desired, for comfort:

- ☐ Ibuprofen
- ☐ Arnica
- ☐ Heating pad
- ☐ Herbal sitz bath
- ☐ Dermaplast

### How to make your bed:

- ☐ Put a comfortable sheet on your bed.
- ☐ Put plastic from your birth kit over your comfortable sheet.
- ☐ Put second set of sheets over plastic.
- ☐ Use tall trash bags over your pillows and put pillowcases over them.

### How to organize supplies:

- ☐ Using two large containers (laundry basket, box, clean garbage can), line one with a garbage bag for clean-up of dirty linen. Put all of your supplies (listed above) into the other container.