

Home Birth Supplies List

Please order the Sonoma County Midwives Birth Kit from BirthWithLove.com.

In addition to the supplies in the kit you will need to gather some other things from around the house or the drug store. Please have all of these things together in one place by 37 weeks. Pre-wash all baby hats, blankets, towels, and bed linens.

2-3 cotton baby hats

10 clean flannel receiving blankets

5-10 washcloths

5 towels

2 clean fitted sheets

1 plastic fitted sheet (or painters plastic or Birth With Love has a \$6 mattress bag)

Electrolyte drinks (Recharge, Smart Water, coconut water)

Flexible drinking straws

1 digital thermometer (we love the Vlcks brand 8 second one.)

1 large bottle of hydrogen peroxide (not food grade)

1 bottle of Arnica pastilles (30 or 200 C)

Advil for postpartum discomfort

Maxi pads (in addition to what comes in the birth kit)

A large bowl for the placenta

2 paper grocery bags for garbage

1 Plastic trash bag for laundry

1 package of unopened paper towels

Sitz bath herbs (optional) to include comfrey, calendula, yarrow

(Rosemary's Garden has a mix in bulk and Birth With Love has a mix you can add when you order your kit.)

Nursing pads

Two clean quart canning jars with lids

If you are using a birth tub you will also need the following:

2 lbs. of sea salt A brand new garden hose Extra towels

A small fish net (hardware or pet store or Birth With Love) Possibly an adapter for your faucet/hose. A tarp/plastic to put under the tub if you need to protect your floor.

If you have chosen to give your baby oral Vitamin K, you can order a 1ounce bottle of Bio-K-Mulsion from: BirthWithLove.Com or amazon.com or PreciousArrows.Com

Don't forget to keep a full tank of gas and have plenty of batteries for your flashlights and cameras.