

Home Birth Prep List

For Labor

Disposable waterproof pads
10 Old towels
10 Receiving blankets
Alcohol Prep Pads
Plastic Cord Clamp - Sterile
Gauze sponge
Gloves
Flexible Drinking Straws
Sterile scissors
Lip balm
Olive or coconut oil for massage
Big bowl for the placenta
A Fan
A heater
Digital thermometer
10 Face cloths
A set of old or cheap bed sheets
Music, essential oils, candles if desired
High energy snacks
A phone list
Camera and charged batteries
Plastic Backed Sheets
Tarpaulin or polythene
Birthing pool
Birthing pool liner
A packed hospital bag just in case

Tape Measure

A vomit bowl

Fish net

Hose

Tap adapter

Pump to empty the pool

For Baby

Baby hat

Baby outfit

Diapers

Postpartum

Maternity pads

Herbal Afterbirth Bath

Witch hazel gel or cooling maternity pads

Peri Bottle

Stretch underwear

Postpartum spray

