

Supply List

Supply Responsibility

Preparing for your birth is exciting. Your careful planning and attention can help you have a calm labor, safe birth and a restful postpartum. This is a list of supplies to gather together. Many of them you may already have in your home. *Please have them gathered for your home visit at 36 weeks.*

We have chosen these items with our years of experience and your comfort in mind. Place all of the items in a box or laundry basket to await your birth. Assume that everything is needed and will be used. If you have any questions about any of the items please ask us before your labor. We have tried to keep your cost as low as possible.

If you are having a water pool at your home, its use requires advanced planning. We will provide detailed instructions. RMM tubs must be picked up three weeks before your due date and returned two weeks after your birth. If you have your baby more than two weeks after your due date, there may be a late charge. There are about \$25 worth of supplies you will need to purchase and it takes about an hour to clean the pool. Cleaning must be done when you bring it home, not during your labor.

Birth kit bag with sterile and disposable supplies you purchase from River & Mountain

A large pot or crock pot to boil water in
A small pan for vomiting

Hydrogen peroxide for stain removal
1 roll *Bounty* or *Viva* paper towels
1 roll of extra toilet tissue
1 box of facial tissues e.g. Kleenex
2-4 ounces of edible vegetable oil in a small container
4-6 clean towels and extra set of clean sheets

6 receiving blankets
1 package of unscented newborn disposable diapers
Baby's first outfit (long sleeved undershirts, kimonos, one piece suits, socks, etc.)
Your baby cannot wear only a t-shirt or onsie.
Un-Petroleum jelly (available from RMM or at the health food store)
12 clean washcloths (can be old or new)
Baby bath - small tub, sink or bath tub will do. Baby needs to float in the water.
For umbilical cord: bottle of rubbing alcohol, cotton balls AND swabs

1 package of maternity-size or overnight menstrual pads without wings or plastic "dry weave" (available from RMM or at the drug or health food store)

Plastic or wicker laundry basket or storage tub to contain supplies

Camera

Flashlight with new batteries

Food you will eat

1 6-pack of plastic water bottles

Drinks you will drink (herb tea, juice, Recharge or Third Wind, ginger ale) and broth or miso broth

Honey

Arnica tabs 30c, Ibuprofen 200 mg for postpartum cramps, aches and healing

Postpartum care plan – Who will help you the first two weeks? Family, partner, postpartum doula?