

Fruit of the Womb, LLC
Homebirth Supply List

Please acquire and gather in one place the following, prior to your 36-week home visit:

- 4-6 Bath towels - old, bleachable white, or dark colors
- 6-10 Washcloths - old, bleachable white, or dark colors
- 8-10 Receiving blankets - preferably the flannel kind.
- Waterproof mattress cover that you will keep on your mattress.
- Shower curtain or plastic cover for your bed
- A set of sheets you don't mind getting bloody. When your labor starts, make your bed with the waterproof mattress cover, then a set of good sheets, then the plastic sheet/shower curtain on your bed, and finally the junky sheets on top.
- Large bowl for your placenta - plastic or metal
- 2 gallon-sized ziplock bags for your placenta
- 3 trash bags
- Box of tissues
- Thermometer - oral/axillary; Vicks Rapid Read is great because it works quickly
- Plug-in heating pad to warm the receiving blankets for baby's arrival
- Depends - 1 package, to wear for the first few days after the birth.
- Diapers for baby - if you are using cloth, make sure to wash and dry them a few times per the instructions so they will be absorbent.
- Snacks and drinks for the birth, including easily digestible protein snacks and electrolyte drinks such as coconut water, smart/vitamin water, miso or chicken broth.
- Ibuprofen for afterpains (especially for second and subsequent births)
- Sitz bath
- Hydrogen peroxide - to clean up any blood stains
- An old comforter - to cover the pool - keeps the heat in
- Pack a "Go bag" in case you or baby requires transfer to the hospital, including: clothing for baby and both parents, toiletries, snacks, phone charger, money, ID, insurance card, car seat installed, written hospital birth plan/preferences