

Birth Supplies List

- ✓ **Birth Supply Kit** from Cascade HealthCare Products, Inc.
Call 1-800-443-9942. Ask for Laura Roe's birth supply kit. See attached list of what is included in the kit. You may add or change items as you wish, or order these items elsewhere. You may wish to consider adding a few extra "Chux" underpads to this kit, to help protect the floor and furniture.
- ✓ **Sterilize the following items.** Place each item in its own labeled, unused paper bag. Sterilize these items by washing them and then putting in a HOT dryer for 60 minutes. Take out of dryer immediately, and place into the bags.
 - 8 wash cloths
 - 10 receiving blankets
 - 2 cotton baby hats
 - 2 sets of bed sheets (One set of older sheets that you don't mind staining.)
- ✓ **Gather foods and drinks for your labor and birth.** Put aside in a box that will not be opened until your labor begins. Suggestions of easily digestible, and good energy source foods include: Light carbohydrates (toast, oatmeal, quinoa, rice cakes), Yogurt, Recharge (a natural energy drink, similar to Gatorade), "Emergen-C," Miso soup, Honey and/or maple syrup, Protein smoothie ingredients, All your favorite snacks. Don't worry about not eating all of this during labor- you'll be happy to have it after your birth!
- ✓ **Mattress cover** – a cheap shower curtain or plastic drop cloth works well. Make up your bed with one set of sterilized sheets first. Top with the plastic sheet or mattress cover, and then make up the bed again with the older set of sterilized sheets on top.
- ✓ **2 Large Bowls** (for your placenta)
- ✓ **2 Gallon sized Zip-loc bags** (to store your placenta in)
- ✓ **Flashlight and batteries**
- ✓ **Two pails or boxes**, lined with plastic garbage bags (one for laundry, one for garbage)
- ✓ **Camera.** Video, if desired.
- ✓ **Olive oil** (or another favorite massage oil) in a new unopened bottle- for perineal massage & baby's bottom.
- ✓ **Arnica ointment and Homeopathic pellets**
- ✓ **Hydrogen peroxide**, for cleaning.
- ✓ **Hot water bottle** (A heating pad, or 5lb. rice bag also work well.)
- ✓ **Hand-held mirror**
- ✓ **Vitamin E Oil or Lanolin cream**
- ✓ **Q-tips**
- ✓ **Large box of menstrual pads**
- ✓ **Your favorite music**-- choose a wide variety of styles/genres, as you never know what you will want when the time comes!
- ✓ **Thermometer**

If you plan to use a birthing tub, you will also need:

- A garden hose to drain the tub
- 1 lb. box of sea salt
- Plastic tub for a foot bath

Prepare the birth tub by scrubbing and rinsing it out first. Then wipe with a thin film of Betadine or Green Soap (incl. with your birth supply kit) and rinse thoroughly a second time.