

Birth Supplies List

For labor and delivery:

- ☐ 2 large heavy duty trash bags - one for garbage, one for laundry
- ☐ 1 large bottle of peroxide - for cleaning stains
- ☐ 1 container Clorox wipes
- ☐ 1 heavy duty cookie sheet/jellyroll pan
- ☐ 1 heating pad
- ☐ 5 to 10 flannel receiving blankets - washed/put in a bag to keep out contaminants
- ☐ 5 to 10 towels - washed/put in a bag to keep out contaminants
- ☐ 5 to 10 washcloths - washed/put in a bag to keep out contaminants
- ☐ Fish tank net
- ☐ Air pump - for birth pool
- ☐ 2 shower curtain liners (dollar store is fine)
- ☐ 1 roll paper towels
- ☐ Bucket - for barf and filling/emptying pool
- ☐ Stainless steel or plastic bowl - for placenta
- ☐ BRAND NEW unused rigid (standard, not expandable) hose - long enough to reach washer hot water hookup or adapters for a sink or shower hookup

For postpartum:

- ☐ Lipton or black tea bags - for early breastfeeding
- ☐ Depends/adult diapers - specific to your size
- ☐ Pads - overnight long and wide type
- ☐ Snacks - salty and sweet. protein and carbs
- ☐ Electrolyte drinks or the ingredients to use to make them