



Home Birth Supplies

RED BAG: Pomegranate Kit

- Plastic+paper mattress liner
- Underpads, lrg (pink)
- Underpads, med (blue)
- Garbage bag, black
- Laundry bag, white
- Ziploc bags for placenta
- Peribottle
- Mesh underwear
- Maxi pads x2
- Straws x2
- Labor medications: Gravol & Tylenol
- Postpartum medications - enough for 24hrs: Ibuprofen & Tylenol
- Instructions for making frozen pads
- Labor Ade recipe [optional]
- Various midwife supplies (gauze, syringe, etc)

PROTECTING YOUR MATTRESS:

1. Put a fitted sheet on your bed
2. Cover this sheet with the paper+plastic mattress liners
3. Put another fitted sheet overtop of everything
4. After your water breaks, use towels and/or underpads as extra insurance against leaks

Supplies client should provide:

Labor Supplies

- Stainless steel or glass bowl (medium)
- Digital oral thermometer
- Box of baby wipes
- Cookie sheet

Linens:

- 6 receiving blankets
- 1 fitted sheet - ok to get stained
- 1 fitted sheet - to replace the above after the birth
- 4-6 large towels
- 2 hand towels
- 3 face cloths

If using a birth pool:

- Plastic and towels to surround pool
- Mat for floor close to the pool
e.g. yoga mat
- Lots of extra towels
- Fish aquarium net (large size)

OPTIONAL:

- Hot water bottle/heating pad
- Cold pack/frozen peas
- TENS machine
- Lip balm
- Hand mirror

Postpartum Supplies

- Overnight large maxi pads (12)
- Regular maxis (1box)
- Ibuprofen
- Nipple cream/organic coconut oil

MAKE: 6 Frozen pads

MAKE: FOOD for immediate postpartum

OPTIONAL:

- Homeopathic Arnica 30C pellets
- Lavender &/or tea tree essential oil
- Epsom salts (1-2kg)
- Sitz basin
- Perineal/sitz bath herbs
- Postpartum recovery tea (calms afterpains, promotes healing)
- Lactation Tincture
- Witch hazel & cotton balls (soothes & shrinks hemorrhoids)

To make everything easy for the midwives to find, put your RED BAG, plus the rest of your supplies, in a large box or laundry basket – including the receiving blankets and towels.