

Homebirth Supplies Checklist

Not all items on this list are absolutely necessary in order to give birth at home. If this is your first homebirth, you may feel better if you have everything ready, just in case. For a second or subsequent homebirth, you might make do with less. In any case, you can add to this list and check off the items as you get them ready.

- Tarp
- Old Comforters
- Mattress Protector
- Old Sheet Set
- Flexible Straws(Optional)
- Pads
- Hand-held Mirror
- Clock or Watch
- Towels
- Baby Hat
- Suction Bulb
- Sterlized Scissors/Knife
- Clamp or Sterile Shoe String
- Baby Thermometer
- Scale
- Camera
- Newborn Diapers
- Peri Bottle
- Tape Measure
- Warm Wash Cloth/Oil Compress
- Large Container (for placenta)
- Large Trash Bags
- Nursing Bras
- Nursing Pads
- Cold/Hot Packs
- Ibuprofen
- Birthing Cheat Sheet
- Pen
- _____
- _____
- _____
- _____