



Mountain Miracles Midwifery, Inc.
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Home Birth Supply List

Please prepare the following by the 36-week home visit:

- Birth supplies kit from preciousarrows.com. Order at 34 weeks of pregnancy (Feel free to add anything extra to your box from the column on the right side, but please add geranium oil to your birth box if you desire a natural anti-inflammatory)
https://www.preciousarrows.com/Mountain_Miracles_Midwifery_Custom_Birth_Kit_p/80340-85.htm
- Waterproof cover for your mattress. A cheap shower curtain liner(s) works well
- Natural electrolyte drink (recharge), coconut water or similar; a couple 16 oz or equivalent
- Easy to make meals and high energy snack foods that you like
- Gentle, natural hand soap in bathroom(s), along with clean hand towel and extra TP
- 1 roll of strong paper towels
- Camera, video camera, charged batteries, empty SD cards or film, etc for during and/or after birth. Check that the date and time is set correctly in camera(s).
- A few plastic grocery bags with handles and no holes in them
- Bath towels (not new) - about 6
- Thin washcloths (don't have to be new) - about 6
- 6+ receiving blankets for baby. Please wash in baby-safe detergent and dry in dryer even if they are new.
- 2 lightweight blankets that you won't mind getting soiled or stained (washable)
- An extra set of pillow cases and sheets. These may be old, but must be clean.
- Whatever clothes mom prefers for laboring in
- 1/2 cheap box/can of salt (to add to laundry to remove stains)
- Keep supply of ice in freezer
- 2 large plastic or metal bowls OR small trash can (for vomiting)
- Optional: 1 crock pot or slow cooker for warming perineal compresses (Only if you desire; DON'T BUY THIS. A large pan will work if needed or you can borrow a crock pot.)
- Space heater if house may be less than 72 degrees F at time of birth
- Flashlight and batteries
- Extension cord if outlets are not nearby
- Candles, music etc as desired

For baby and postpartum:

- Approved infant car seat
- Baby clothes (cotton), diapers, t-shirts, socks, soft cap, receiving blankets (washed and dried in dryer, even if new)
- Baby wipes, gentle soap etc.
- Digital thermometer

Mom:

- Nursing nightgowns/loose t-shirts/pajamas
- Ibuprofen or herbal tincture (afterease) in case mom has afterpains
- Optional: nipple cream, e.g. Mother Love or Lansinoh

- Optional: 1 sitz bath dish or wide, shallow pan you can sit in

For the comfort of the midwifery team, we appreciate the following:

- Healthy snacks, water, and light meals available for the midwifery team (some births take a long time, please have enough for 2 people). We have no allergies and are not picky, please pick what you would eat if we are unable to finish it!
- A couch or spare bed in case a nap is needed
- A table (like a card table or coffee table) or dresser top cleared for supplies and equipment (1x1 ft space)
- The area along one side of the bed and pool cleared out for easy access.

Prepare a hospital bag in case of transfer (this will not jinx you; you must be prepared!) including:

- Birth plan - do a Google search for sample birth plans; keep it simple and focused on your priorities
- Full tank of gas
- Food that mom will eat; Ensure or Boost protein drinks; meal bars etc.
- Directions
- Addresses and phone numbers of family/friends
- Nightshirt or gown & robe, easy to nurse in, socks
- Nursing bra and underwear
- Going-home clothes, easy to nurse in
- Clothes for your new baby – hat, blanket, diapers, undershirt, gown
- Cameras and film
- Insurance card
- Wallet/ID
- Sense of humor and flexibility

Things to do before you go into labor:

- Tape a list of important phone numbers by the telephone or on fridge. Include: midwife's telephone and back up numbers, nearest hospital, hospital of choice if different, doctor's number, family members. Also write your own address on this paper.
- Make sure your car always has AT LEAST a half a tank of gas and that you have an approved infant car seat available and ready.
- Make sure you have gathered all your supplies and know where they are.
- Clean your bathtub in case you want to use it.
- Turn up water heater temperature** setting all the way if you plan to use a birth pool. Be careful not to burn yourselves when using faucets/shower.

When you begin regular contractions or your water breaks:

- Notify midwife, 719-428-5552. Follow the directions on the magnet you were given at your 36 wk visit. If you get voice mail, leave a message then call back immediately (within 3 minutes) in case the phone somehow turned on the do not disturb setting. If you don't receive a call back in 5 minutes, call the backup numbers listed on your "Contacting Your Midwives" email.
- Inflate your birth pool with the provided air pump, cover with liner and place it on the tarp. Follow midwife instructions for when to fill and get in.
- Prepare bed: Strip the bed and place clean sheets you want to use for postpartum on it. Then place plastic sheets or shower curtain(s) over them. Place it on the side of the bed you are going to birth and/or sleep on. It should hang off the bed a little so that the side of the bed is covered as well. Cover this with the sheets you want to birth on or have for immediate postpartum.
- Gather all items on your checklist and place them in the room you will likely birth in.

Your midwife will bring all other supplies. If you have any questions, please ask her