



## **Supplies Provided by Parents**

### **Birth**

6 cotton receiving blankets that can get messy  
4 clean bath towels, 8 if planning a water birth  
8 clean washcloths  
2 plastic shower curtain liners or plastic tarps  
1 set clean sheets for after the birth, 1 fitted sheet that can be ruined  
2 large lawn and leaf bags or 4 kitchen trash bags  
1 pkg. Disposable underpads (“chucks”), size large, found near incontinence supplies  
Sanitary Pads  
Optional: Depends or similar adult diapers  
1 bottle of rubbing alcohol and hydrogen peroxide (not necessarily new)  
2 plastic grocery bags with handles  
2 Gallon Size New Ziploc Bags if encapsulating placenta  
Crock-Pot (to provide a warm water source near the birth)  
Ibuprofen  
Echinacea  
An outfit for mom to wear after the birth

### **For Water Birth**

A clean (not necessarily new) garden hose  
A small Fish Net (obtainable at any pet store)

### **Nourishment**

2 bottles of electrolyte-replacing fluid such as Smart Water or Gatorade. 4 bottles for first time mothers.  
Nourishing, but easy to digest foods for mom during labor. Suggested: yogurt, Popsicles, soup or broth, crackers and cheese, etc.  
Nourishing but quick snacks for your labor support team  
Something for mom to eat after the baby is born

### **Baby**

Diapers  
Wipes  
Coconut Oil or other oil/ointment to coat the baby’s bottom for meconium clean-up  
2 blankets for after the baby is dressed  
An outfit you want the baby to wear  
Hats, socks or booties  
Regular digital thermometer  
Nipple Cream for mom (lanolin or coconut oil are great)