

Homebirth Supply Checklist

You will need to order your home birth kit from InHisHands.com – Make sure you ask for “Beth Overton’s Birth Kit.” You may order on line or call 1-800-247-4045 or 512-778-9000. They may also be reached by TEXT at: 512-778-9000

In addition to your birth kit, the following items will also be helpful.

- Sanitary napkins (overnight size)
- Waterproof cover for your bed. A cheap shower curtain works really well.
- One large roll of “VIVA” paper towels for general cleanups – Please buy “VIVA”, it does make a difference.
- Baby clothes, diapers, tee-shirts, socks, soft cap, blankets
- Infant Car seat
- 3 frozen cans of juices like apple or grape. NO citrus juices like Orange juice.
- Gatorade or Equivalent (I recommend a homemade version of “Labor Rehydration Drink Recipe”)
- meals and high energy snack foods you like
- camera or video camera if you want
- 1 medium or large trash can
- 1 medium laundry basket
- 2 black (large) trash sacks
- 2 – 1 gallon zip lock bags
- 12 (approximately) light colored or white towels (not new)
- 12 (approximately) wash cloths (not new)
- 2 light weight blankets that you won’t mind getting soiled or stained (washable)
- 1 crock pot or slow cooker (DON’T BUY THIS. A Large pan will work if needed.)
- an extra set of light colored pillow cases and sheets – These may be old, but must be clean.
- 1 or 2 large bottles of hydrogen peroxide for cleanup (1 small is included in your birth kit already)
- For WATER BIRTH only: one larger size aquarium fish net, “birth tub”, new garden hose, and connector for kitchen faucet – (I recommend a kit used to fill large aquariums.) A water birth pool may be purchased from InHisHands or rented from the Birth Center (must be reserved in advance).

For the comfort of the midwives and attendants it would be nice to consider the following:

- snacks, bottled water, and light meals available for the midwives (some births take a long time)
- A table (like a card table or coffee table) or dresser top cleared for supplies and equipment.
- The area along each side of the bed cleared out for easy access.

Things to do before you go into labor:

- Tape a list of important phone numbers by the telephone. Include: midwife’s home, cell and pager numbers, nearest hospital, hospital of choice if different, Doctor’s number, family members.
- Make sure your car always has AT LEAST a half a tank of gas and that you have the infant car seat available and ready.
- Make sure you have gathered all your supplies and know where they are.

When you begin active labor:

- Notify midwife, using her cell phone if needed. If using the cell phone and you get voice mail, leave a message then wait 5 or 10 min. for a call back. If you don't receive a call back in that time, try to call again!
- Fill up crock pot almost to the top with water, plug in and set on the lowest setting.
- Strip the bed and place plastic sheets or shower curtain on your bed. Place it on the side of the bed you are going to birth on. Place it hanging off the bed a little so that the side of the bed is covered as well. Cover this with the sheet you want to birth on. Lay two bed pads down and cover these with a towel to preserve the pads.
- Get a jug of juice and put in your room with ice.
- Gather all items on your checklist and place them in the room.