



# The Village Midwife, LLC

## BIRTH SUPPLY LIST

### MUST HAVES:

- **Birth Kit** ordered from InHisHands.com  
(Go to [www.inhishands.com](http://www.inhishands.com) and order the birth supply kit for The Village Midwife (Jennifer Rector) - this will ensure that you have selected the correct kit.
- **Working Car** with a **Full Tank** of Gas
- **Arranged childcare**
- **Disinfectant Wipes** (if you are using a birthtub)
- **Bottle of Peroxide** or Oxi Clean
- **Recharge/Third Wind/Gatorade or Orange Juice** - in Mom's preferred flavor - at least 2 bottles
- **Maxi Pads** (Always overnights - the purple bag - are best) or you can use depends undergarments in your size
- **Honey** (the little squeeze bear works well)
- **Flashlight** with Extra batteries (not LED)
- **Olive oil**
- **Receiving blankets and towels** for baby.
- **Towels** for mom and dad. (If you are planning a waterbirth you will need quite a few towels)
- **Clean linens** for your bed for after the birth
- **Diapers, wipes, clothing and hats** for baby (one hat comes in your birthkit but you will need more).
- **One bag of ice** and/or bag of frozen peas (SONIC will sell you a bag of crushed ice that is nice)
- **Paper towels** (2 rolls), **toilet paper**, and **gallon sized ziploc bags**.
- **Snacks** for birthing team (good ideas are eggs, frozen pizzas, cheese and crackers, frozen lasagna, tortilla chips and refried beans, fruit - things that are quick and simple)
- **Infant car seat** - installed and fitted for newborn
- **Hospital bag, insurance card and driver's license** near the front door in case of transport.

### OPTIONAL ITEMS:

- Birth Tub, Net, Tarp and Disinfectant wipes
- Mirror
- Rice Sock (uncooked rice in a long sock)
- For second and subsequent births, afterpains may be a reality. You can use Motrin or Tylenol to help with afterpains or you can try Aftersase Tincture by WishGarden Herbs. (you can purchase at [www.Inhishands.com](http://www.Inhishands.com) with your birthkit)
- Birthing ball (exercise ball)
- Camera with flash, film and CHARGED batteries
- Video camera with flash, Film and CHARGED batteries
- Tape recorder with extra tapes and batteries
- Someone to work the video camera and regular camera
- Birthday Cake
- Plastic cover for bed to protect your mattress (you can purchase one at [www.Inhishands.com](http://www.Inhishands.com) when you order your birthkit)
- Soothing Music
- Birth Plan
- Dermoplast Spray (you can purchase at [www.Inhishands.com](http://www.Inhishands.com) when you order your birthkit)
- Arnica 30c or 200c homeopathic pellets to reduce swelling during labor/postpartum. (you can purchase at [www.Inhishands.com](http://www.Inhishands.com) with your birthkit)

You should prepare a hospital "go" bag and have it already packed and sitting by the front door.

#### Essential Items

- Nonskid socks or slippers that can get ruined (for walking the halls before and after labor)
- A warm robe or sweater you don't mind getting messy
- A nightgown that you don't mind getting messy as well as one for postpartum (you can use those lovely hospital gowns, but your own might help you feel more human)
- Maternity bras -- no underwire -- and nursing pads (whether or not you plan to nurse, you'll appreciate the support and leak-protection)
- Comfortable going-home clothes in six-month maternity size and flat shoes (or, just wear the clothes you came in... sorry, but they'll probably still fit)
- Lip balm (hospitals are very dry)
- Toiletries and personal items -- hairbrush, toothbrush, toothpaste, deodorant, face wash, makeup shampoo, conditioner, lotion, body wash, contact lens case and solution, Qtips, razor, nail clippers
- Eyeglasses/Contacts and case
- Headband or ponytail holder (avoid clips -- they'll probably poke you)
- Sugar-free hard candy or lozenges to keep your mouth moist during labor (candy with sugar will make you thirsty)
- Pen and paper
- Lots of change (\$20) for the vending machines (you'll probably be hungry after labor, and the hospital cafeteria could be closed)
- Light snacks
- Cell phone and charger, phone numbers of people to call after birth
- Camera/Tablet/Laptop/MP3 player, film or extra memory card, battery or charger
- A bag packed with a change of clothes and basic hygiene products for your partner
- Swimsuit for your partner in case you choose to labor in the shower
- List of current medications/vitamins/herbs that you are taking as well as a list of any allergies
- Birth Plan
- **And ALWAYS bring a treat for the nurses...donuts, cookies, couple bags of chocolate/candy, order a pizza, couple bags of chips/doritos. The better you treat the nurses the better your chances are of them bending rules or helping you to stick to your birth plan!**

#### Optional Items

- Your own pillow
- Bath towel (the hospital will likely supply a small, very thin one)
- Hairdryer
- Your favorite brand of soap, shampoo and heavy flow sanitary pads (the hospital supplies these things, but bring your own if you're picky)
- A few pairs of maternity underwear that can get messy (the hospital will have disposable pairs, which some women find handy and others find gross)
- Extra bag for taking things home (a gym/duffel bag that easily folds up and opens)  
The hospital usually sends you home with diapers, blankets, and paperwork. You will also have all the gifts from well-wishers, and anything you have had your partner bring to you while you are there. You generally have more luggage coming out than you did going in and the bag the hospital gives is usually flimsy
- Breast pump, if you plan to use one
- Family photos or anything that makes you feel more comfortable
- Very light reading (think mags and newspapers, not War and Peace)
- Massage oil and tools like rolling pins or tennis balls, and lucky or inspirational objects
- Champagne or sparkling cider/Birthday cake to celebrate
- Gifts for your other children
- Approved car seat
- A coming-home outfit for baby