



The Village Midwife, LLC

Community Birthing Supply List

MUST HAVES:

- We provide most of the supplies, except the ones that would be your personal preference. If you are farther than 50 miles from Newport News, we really recommend getting the Birth Kit ordered from InHisHands.com (Go to 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 with number to childcare provider on fridge.
- 1 bag of underpads
- 1 small bottle of bleach
- Disinfectant Wipes
- Recharge/Third Wind/Gatorade or Orange Juice (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)
- Receiving blankets and towels for baby.
- Towels for mom and dad. (If you are planning a waterbirth you will need quite a few towels)
- Liner for birth tub if you are planning a waterbirth
- Clean linens for your bed for after the birth
- Diapers, wipes, and clothing for baby
- Paper towels and toilet paper
- Snacks for birthing team (good ideas are eggs, cheese, or lunchmeat...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 and Tarp
- Postpartum sitz bath (you can add to your order at www.InHisHands.com)
- Mirror
- Rice Sock (uncooked rice in a long sock)
- A small crockpot with washcloths inside
- Aftershave Tincture by WishGarden Herbs. (you can add to your order at www.Inhishands.com)
- Motrin/Ibuprofen/Advil
- Birthing ball (exercise ball)
- Birthday Cake
- Plastic cover for bed to protect your mattress (you can add to your order at www.Inhishands.com)
- Soothing Music
- Birth Plan
- Dermoplast Spray (you can add to your order at www.Inhishands.com)
- Arnica 30c or 200c pellets (you can add to your order at www.inhishands.com)
- Charger for phone and other devices



The Village Midwife, LLC

Birth Center Supply List

MUST HAVES:

- Working Car with a Full Tank of Gas
- Arranged childcare with number to childcare provided to midwives.
- Peri Bottle
- Recharge/Third Wind/Gatorade or Orange Juice (at least 2 bottles)
- Maxi Pads (Always overnights – the purple bag - are best) or you can use depends undergarments in your size
- Receiving blankets for baby.
- Diapers, wipes, and clothing for baby
- Snacks for birthing team
- Birth tub liner if you intend to use the birth tub
- 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:

- Postpartum sitz bath (you can order at www.InHisHands.com)
- Mirror
- Rice Sock (uncooked rice in a long sock)
- Afterease Tincture by WishGarden Herbs. (you can order at www.InHisHands.com)
- Motrin/Ibuprofen/Advil
- Birthing ball (exercise ball)
- Birthday Cake
- Soothing Music
- Birth Plan
- Dermoplast Spray (you can order at www.InHisHands.com)
- Arnica 30c or 200c pellets (you can order at www.InHisHands.com)
- Charger for phone and other devices
- Footprinter (you can order at www.InHisHands.com)
- Cover for your bed
- Infant Blood Typing Kit (you can order at www.InHisHands.com)
- Vitamin K Drops (you can order at www.InHisHands.com)

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

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 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 to celebrate
- Gifts for your other children
- Approved car seat
- A coming-home outfit for baby

And ALWAYS bring a treat for the nurses...donuts, cookies, a couple bags of chocolate/candy, order a pizza, a 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!