



## The Village Midwife, LLC

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## Supply List

### HOME BIRTH SUPPLIES

#### **MUST HAVES:**

- Working Car with a Full Tank of Gas
- Arranged childcare with number to childcare provider on fridge.
- 1 hanging digital fish scale
- 1 weighing sling (you can purchase online or from us for \$15)
- 1 bag of underpads
- Plastic cover for bed to protect your mattress
- Disinfectant Wipes
- Bottle of Peroxide
- Recharge/Third Wind/Gatorade or Orange Juice (at least 2 bottles)
- Maxi Pads or depends undergarments in your size
- Honey
- Flashlight with Extra batteries
- Receiving blankets and towels for baby.
- Towels for mom and dad. (If you are planning a waterbirth you will need quite a few)
- Liner for birth tub ([www.inhishands.com/small-oasis-generic-pool-liner](http://www.inhishands.com/small-oasis-generic-pool-liner) )
- Garden hose and Adapter (if you are planning a water birth)
- 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
- Mirror
- Rice Sock (uncooked rice in a long sock)
- Afterease Tincture/Motrin/Ibuprofen/Advil
- Birthing ball (exercise ball)
- Birthday Cake
- Soothing Music
- Birth Plan
- Dermaplast Spray
- Arnica 30c or 200c pellets
- 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
- Lip Balm
- Footprinter
- Infant Blood Typing Kit
- Vitamin K Drops

## **BIRTH CENTER SUPPLIES**

### **MUST HAVES:**

- Working Car with a Full Tank of Gas
- Charger for phone and other devices
- 1 hanging digital fish scale
- 1 weighing sling (you can purchase online or from us for \$15)
- 1 garden hose (if you are planning a water birth)
- Arranged childcare with number to childcare provider given to midwives.
- Recharge/Third Wind/Gatorade or Orange Juice (at least 2 bottles)
- Diapers, wipes, and clothing for baby
- Change of clothing for parents
- Snacks for birthing team
- Infant car seat – installed and fitted for newborn
- Liner for birth tub ([www.inhishands.com/small-oasis-generic-pool-liner](http://www.inhishands.com/small-oasis-generic-pool-liner) )
- Hospital bag, insurance card and driver's license

### **OPTIONAL ITEMS:**

- Your own pillow
- Breast pump if you plan to use one
- Family photos or anything that makes you feel more comfortable
- 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
- Rice Sock (uncooked rice in a long sock)
- Aftershave Tincture by WishGarden Herbs.
- Motrin/Ibuprofen/Advil
- Birthday Cake
- Lip Balm
- Soothing Music
- Birth Plan
- Dermaplast Spray
- Arnica 30c or 200c pellets
- Footprinter
- Infant Blood Typing Kit
- Vitamin K Drops

## **HOSPITAL BAG**

### **MUST HAVES:**

- 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 are comfortable in
- Comfortable going-home clothes in six-month maternity size (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)
- 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
- Hairdryer
- Your favorite brand of soap, shampoo, face wash and conditioner
- Extra bag for taking things home (a gym/duffel bag that easily folds up and opens)
- 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!