



ARIZONA  
W O M B  
SERVICE  
LLC

Serving women in the childbearing year  
[www.azwombservice.com](http://www.azwombservice.com)

## Supplies for Homebirth

**In addition to the birth kit that you will be ordering, you will also need to gather the following things and have them on hand by your 36<sup>th</sup> week:**

Baking sheet with lip around all four sides	Electric heating pad
2 1Gallon size Ziploc bags	Electric Crock Pot (optional)
Flashlight with fresh batteries	2 X-large bottles of Hydrogen peroxide
Hand mirror (optional)	Car seat (ready and loaded in car)
Unopened Olive oil or cold pressed castor oil (small bottle)	Ice
Recharge (healthy Gatorade), Vitamin Water, 100%	Emergen-C packets
Fruit juice, Sprite/7-Up	Q-tips
Arnica 30C homeopathic pellets	Lg Feminine Hygiene Pads (no Always brand)
Honey	Altoids or other mints
Digital Thermometer	Small Fish net (if planning to waterbirth)
Food for mom, family & attendants	Two Large trash bags
Chapstick	Hair Tie(s)
Shower Curtain or Plastic Table Cloth (Inexpensive)	

### **Baby clothes & diapers (wash all clothes before use & place in bag marked “baby”)**

2 baby gowns that are open at the bottom	2 cotton hats
2 pair of baby socks or booties	
diapers (even if you are planning to use cloth diapers we suggest you consider disposables until the baby has finished passing meconium)	

### **Linens**

1 set of old, potentially disposable sheets and pillowcases	6-8 bath towels
1 set of fresh sheets and pillowcases	6-8 washcloths (or old towel cut into pieces)
6-8 receiving blankets (baby blankets, not your best ones)	

After washing everything (ideally in hypo-allergenic or biodegradable detergent), put in the dryer at hottest setting. Place towels, hats, washcloths and receiving blankets in a brown paper bag, and seal the bag with masking tape. Do this a few weeks before the birth and store in a safe place.

### **Food and drinks for mother**

In labor, we suggest foods that are easily digestible, such as soups, yogurt fruit, smoothies, popsicles (you can make popsicles from Recharge or Emergen-C, etc) toast, etc. as well rehydration drinks like Recharge, Emergen-C, Vitamin Water, etc. (avoid those high in sugar). It is good to stock your pantry with easily prepared foods a few weeks before the birth. Also, you might want to freeze meals you have prepared to have on hand the first few weeks postpartum. It is important to have on hand an easily prepared meal for right after the birth.

### **Photos, Video, etc.**

If you plan to video, photograph or tape the birth, be sure to have all supplies on hand and make sure you have fresh or charged batteries. We're happy to help with this if the situation allows, but if you definitely want photos, video, etc, please have someone designated for this task.

### **Siblings**

We strongly suggest you consider having a special caregiver for your other children during the labor and birth if you plan on them being there for the birth. It is important that you can stay focused on your own needs during the labor and not be worrying about the needs of your other children.

### **Birth Kits**

Order online at [www.Confidentbeginnings.com](http://www.Confidentbeginnings.com). Please choose the AZ Womb Service birth kit. Standard kit is sufficient.

Deluxe kit will include a hot/cold pack for labor and After Ease Cramp Bark.

### **Waterbirth Supplies**

Lead Free Hose for filling

Pump to drain pool, Waterbed pumps are sufficient, if pool is rented they will come with pumps.

2 new or extremely clean tarps for blow up pools

### **Waterbirth Tub Rentals:**

[www.AquaDoula.com](http://www.AquaDoula.com) 1-800-275-6144

[www.YourWaterBirth.com](http://www.YourWaterBirth.com)

Portable Soft Hot Tub 480-732-1253

Flying Tubs 480-517-4849

If you have any questions or need more information about any of the above, please don't hesitate to ask!  
We look forward to being with you for the birth of your baby!