



Supply List

- 1 package of maxi pads (heavy flow or overnight)
- 1 plastic or metal bowl for the placenta
You may want to set aside another bowl in case you get nauseated.
- 1 large outdoor disposable picnic tablecloth with flannel backing. You will need one extra cloth or tarp for water birth.
- 1 plastic mattress cover or shower liner to cover bed
- 2 large plastic garbage bags
- 1 roll each of toilet paper and paper towel
- 1 crockpot or large pot with a lid
- 12 cloth compresses
These can be made by cutting up an old towel or you can buy a cheap package of wash cloths. Please wash them and put them in a bag labeled “compresses”.
- 2 bottles of electrolyte drink
These need to be left at room temperature. You can buy Recharge, Third Wind or Ultrafuel at the health food store, or a Gatorade type drink at the supermarket.
- 1 flashlight with good batteries
- 4 bath towels
These need to be washed, dried and put into a bag labeled “towels”. You will need at least 4 more extra towels for water birth.
- 1 set of baby clothes
These also need to be washed, dried and put into a labeled bag.
- Variety of food in the house
You may not want to eat in labor but you will definitely be hungry afterward. We sometimes get hungry too. We especially love a good cup of coffee!
- Plans for children in the house
Someone will need to come for any children that will stay in the house during the birth, even in the middle of the night.
- Camera or video with plenty of film and/or charged battery
Make sure you check these before the day of the birth.

In addition to the above items, please order our custom birth kit from Birth With Love. You can find our kit online at : www.Birthwithlove.com or call 800-434-4915. Our kit is under Mountain View Midwifery. Additional optional items can be purchased through this site: Eldon Card (for blood typing baby a the birth, oral vit. K, cute onesies, books and videos.