

Home Birth Supplies to Have Ready at Home

- 5** or more towels
- 5** or more wash clothes
- roll of paper towels
- tarp for under birth pool
- 2** one gallon ziplock bags
- 2** large trash bags (**13** gallon or larger)
- plastic mattress cover or shower liner to protect mattress
- hydrogen peroxide
- bottle of bleach (original, unscented)
- bowl for placenta
- Snacks
- Drinks with electrolytes and/or pure honey
- Large sanitary napkins
- Ibuprofen or Acetaminophen
- 3** or more receiving blankets
- diapers for baby