

Birth Supply List

*can order Most items on line from:

1 cascade.com, birth kit for Gates Traditional Midwifery

1. bulb syringe – rubber 3oz ear type.
2. Receiving blankets – minimally 6.
3. Cotton newborn caps – 3.
4. sterile gauze pads – 6.
5. Wash cloths – 6.
6. Digital thermometer
7. An unopened bottle of oil (almond or olive are good)
8. Disposable under pads – minimally 20
9. Flannel backed table cloths -2
10. Sanitary napkins – the biggest you can find, as well as regular size
11. Peri bottle
12. Sitz bath herbs
13. Lanoline and/or “happy ducts” tincture
14. Ibuprofen and/or “after ease” tincture
15. Bendable straw or drinking bottle that has straw component
16. Hydrogen peroxide
17. Oxy clean
18. Extra rolls of toilet paper
19. Food that is easily digestible for birthing mother in labor;
Re-charge or sports tea, smoothie fixings, miso, ice cream eggs...
20. Food for attendants, including black tea and or coffee
21. Flash light
- IF PLANNING A WATER BIRTH
22. Birth tub and liner
23. Tarp
24. Unopened Shea butter
25. Large stack of towels

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