



New Mercies Midwifery LLC - Home Birth Supplies

Home Birth Supplies



Remember to gather all items into a laundry basket & have it handy by 37 weeks!

- 2 large trash bags
- Trash can
- Laundry basket
- Large water-proof pads / incontinence pads (found near Depends at CVS, Rite Aid, Walmart)
- Depends adult diapers
- Super Maxi Pads (do not buy the Always brand)
- Placenta container (old ice cream pail or bowl)
- Bowl or pail for vomit
- 4-6 bath towels for baby after delivery
- 6-10 washcloths for bottom compresses
- 1-3 bottles of Peroxide (easily cleans off blood on towels while in the washer)
- Straws (To make it easier to stay hydrated in labor)
- High protein snacks
- Hydrating beverages (H₂O, Gatorade, Emergen C, etc.)
- Comfortable clothing for you to change into after baby is born. Clothing should have easy access for breastfeeding & skin to skin contact with baby.
- Items for newborn: clothes (onesie/outfit/shirt, hat, socks), diapers & wipes, thermometer

Water Birth Supplies

- All items listed above
- 6 more towels for a grand total of 10-12 towels on hand
- Food-grade hose long enough to reach the pool's location from a faucet
- La Bassine Original Regular pool liner

Recommendation on how to make your bed:

1. Remove all bedding 2. Place either a plastic cover, shower curtain, large plastic sheet, tablecloth, or any waterproof drop cloth over your mattress 3. Make the bed as you normally would with the fitted sheet 4. Keep a second set of sheets handy for when the bed is cleaned & made again after birth

“Quick Birth” Kit - Included in the midwifery fee

I will bring a “quick birth” kit for you at 37 weeks. The kit will include items needed for a quick delivery in case I do not make it, or just make it in time for the baby! I also include some items for postpartum care. The kit will include: **peri bottle, herbal sitz bath, perineal ice packs, two umbilical cord clamps, a bulb syringe for baby, some pairs of gloves, and a pamphlet guiding you through a quick delivery in the case of a midwife not making it in time.**