



## CLIENT SUPPLY LIST

- 6-10 large bath/beach towels
- 6-10 wash cloths
- waterproof mattress cover
- 1-2 extra sets of bed sheets
- plastic drop cloths, shower curtains, or tarps (enough to cover the floor of birth area and birth surfaces)
- large package of paper towels
- 15-20 large absorbent chuck pads
- large bowl or container for placenta
- pool liner (if planning water birth)
- 6-8 receiving blankets
- 2-3 newborn hats
- 2-3 swaddle blankets
- large pots for boiling water (water heaters may not completely fill birth pool to the correct temperature)
- overnight pads/poise pads/disposable underwear
- heating pad
- ice or ice packs
- peri bottle
- witch hazel pads/ perineal spray
- nipple cream (if breastfeeding)
- stool softeners
- ibuprofen/Tylenol/after-ease
- hydrogen peroxide, bleach, cleaning products
- large black trash bags
- drinks with electrolytes, juices, beverages
- various snacks, high protein foods, easy and quick to prepare
- snacks and drinks for visitors and birth team are appreciated!

Items should be collected and ready by 37 weeks. Please make sure all blankets, towels, and baby items are clean and ready to use. Towels and linens may be soiled and unusable after birth so feel free to use cheap/ second hand options. Please discuss and select your birth area with partner prior to your 36 week home visit so we can discuss setup.