

Supplies

Additional items needed (to be gathered by client):

- Birth blanket (instructions for assembly on website)
- Baby blankets (4-5); more if planning water birth (10+)
- Towels (half dozen); more if planning water birth
- Paper towels (a roll at each sink at the onset of labor and for the 2 weeks postpartum for home visits)
- Extension cord(s)
- Large plastic garbage bags to cover pillows and for disposal of soiled items
- 2 Large containers for garbage and laundry (e.g., garbage can, laundry basket, crate, cardboard box)
- Flashlight(s)
- Thermometer
- Baby clothing
- Diapers (suggest disposable for the first week)
- 1-2 pack of super/overnight pads (if did not purchase the optional pads with the birth kit from Radiant Belly)
- Light sticks to mark house from outside at night
- Overnight bag packed with change of clothes for each parent, clothes for baby, and personal hygiene items (in case of transport)

Food

- Juices, herbal teas, ginger ale
- Electrolyte drinks (Recharge, Coconut Water, or Gatorade), Emergen-C
- Fruits, vegetables, protein foods
- Yogurt, fruit, and protein powder for protein shakes
- Your favorite protein drinks
- 2-6 clear liquid protein shots ("Body Fortress Super Whey Protein shot" or "Protica Proasis Protein shot" – available at Rite Aid or online) in case of nausea that prevents eating
- Honey, popsicles
- Calcium/ Magnesium supplement
- Food for the midwives

For postpartum

- Ibuprofen
- Tylenol
- Stool softener (Docusate 100 mg - *not a laxative*)
- Fiber – bran cereal (Kellogg's Bran Buds or equivalent), or psyllium husk powder
- 2 Gallon size Ziploc bags for placenta
- Olive Oil for baby's bottom (prevents meconium from sticking to baby's skin)

Optional items

- Birthing tub, liner, hose with appropriate attachments, and long-handled fish net
- Birth ball
- To protect carpet: Plastic covering that is adhesive on one side, and the thickness of saran wrap can be purchased and rolled out on carpets prior to birth
- Hydrogen peroxide, for cleaning stains out of carpet and upholstery
- Cramp Bark tincture for afterpains