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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 one-gallon-sized 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