

**PREPARE YOUR SPACE**

Home Birth Supply List

A simple checklist for comfort, warmth, nourishment, cleanup, and optional water birth preparation.

Public education only. This guide is not a diagnosis, medical order, emergency service, or substitute for individualized consent and clinical assessment.

Food and drinks

- Nutritious, easy-to-digest food for the laboring parent and support people.
- Herbal tea approved in your care plan, broth, pure fruit juice, coconut water, electrolyte drinks, and plenty of fresh water.

Basic household supplies

- One package of baby wipes and one roll of paper towels.
- Postpartum pads or adult protective underwear.
- A working digital thermometer for parent and baby.
- Four soft towels or baby blankets for immediate warmth.
- One extra set of clean sheets. Older sheets are fine because staining is possible.

Optional comfort items

- A slow cooker for warm washcloths or compresses, used according to the birth team's instructions.
- Soft, indirect lighting such as string lights or dimmable lamps.
- A favorite playlist, pillows, a robe, lip balm, and easy snacks for the support team.

For a planned water birth

- A tarp or waterproof floor covering beneath and around the pool.
- An air pump or compressor that fits the pool valves.
- A new drinking-water-safe hose and the correct faucet adapter.
- A new clean aquarium-style net and several additional towels.

Important: Have the completed emergency transport plan, identification, insurance information, and a packed hospital bag accessible by the 35th-36th week.



Questions for your next visit

Use the space below to write questions, preferences, or details you want to discuss privately with your care team.
