

PREPARATIONS FOR BIRTH / ORDERING YOUR BIRTH KIT

You will need the following items to prepare your **“BIRTH BAGS.”** There is **no need to purchase new items!** We encourage you to use what you already have, borrow from family or friends; and even check garage sales and thrift stores for items you need. We have extra linens! *Please let us know if you need anything.*

- mild laundry soap (i.e. *Ivory Snow* or *Dreft*)
- 4-5 standard-size **PAPER** grocery bags
- a permanent marker (black or blue)
- masking tape or stapler

*** Plan to prepare your “Birth Bags” at least 3 WEEKS before your estimated due date. ***

100% cotton or cotton/polyester blends are most comfortable. We prefer **light-colored** linens (for easier estimation of blood loss). Wash everything in **HOT**, soapy water and dry in a hot dryer or in the sunshine. Fold items small enough to fit inside paper bags. Place folded items in bags in the order listed, *so that the LAST item listed is on the TOP of the bag.* Then fold down tops of bags and seal with tape or staples. Using a permanent marker, label each bag with its number and contents. (You may need to use 5 bags, so please label the fifth bag accordingly.) **Store your birth bags UN-opened in a clean, dry place.** This process, which we consider a ritual in preparation for your birth, provides for clean, ready-to-use linens & clothing at your birth!

BAG #1 (for your bed)

- 2 flat sheets
- 2 fitted sheets
- # of pillowcases needed

BAG #2 (for delivery)

- 2 soft receiving blankets
- 2 soft towels
- 1 flat sheet or large towel

BAG #3 (clean-up)

- 3 or 4 towels
- 4 washcloths
- 2 baby washcloths

BAG #4 (for baby & mom)

- 2 soft receiving blankets
- baby gown & undershirt (Ø “Onsie”)
- cloth baby cap & socks (Ø the hat in the birth kit)
- 2 cloth diapers
- nursing gown or T-shirt

Additional Items: Please be SURE to have the following: (☑ them off!)

- 1 roll of plastic drop cloth or 2 flannel-backed tablecloths, (Wal-Mart, Dollar Tree, etc)
- 1 **LARGE** pack of sanitary pads (long, max. absorbency),**
- 1 Pack, disposable, under pads (protects fabrics),**
- Digital thermometer (with “ready” beep signal),**
- Stethoscope (Wal-Mart or Walgreens)**
- Electric heating pad (Wal-Mart, Walgreens, etc)
- Bottle of Hydrogen Peroxide (removes blood from carpet & fabric)**
- Bottle of Hibiclens [4 oz.] (kills GBS on contact) (Wal-mart, Walgreens, Amazon.com)
- Bottle of Alcohol (umbilical cord care)**
- Pump bottle of liquid hand soap
- Pump bottle of hand sanitizer
- 2 medium/large-size pots with lids (from your kitchen)
- 2 medium-size plastic or metal bowls (from your kitchen)
- Flashlight & **NEW** batteries (**be sure it works!**)
- 2 or 3 **KITCHEN-SIZE** plastic garbage bags & 1 garbage can
- 1 Gallon-size Ziplock-type Freezer bag (for the placenta)
- Diaper pins (Wal-Mart, JoAnnes, Dollar Tree, ClothDiaper.com)
- LOTS** of Toilet Paper!
- 1 **LARGE** roll of Paper Towels
- 1 package of Baby Wipes
- Labor foods & drinks you know you will enjoy !!
- 14 gal. Rubbermaid-type storage container w/ lid, (Supplies go inside!)



(** For your convenience, this item is available online, when ordering your Birth Kit!)

Hospital Transfer Bag: You MUST pack a small bag/suitcase with:

- Nursing nightshirt/gown/robe
- Personal toiletries (toothbrush, etc)
- Slippers or socks
- Going home clothes (mom & baby)
- Nursing bra & underwear
- Sweater/Coat, as needed

REMEMBER TO...

**Order Your Birth Kit
by your 34th week!**

See our website:
RichmondMidwife.com

Click **“Services”** then
“PayPal & Birth Kit”

Select either our: [Regular Kit](#)
~or~ the [WaterBirth Kit](#) if you
are buying a pool & accessories

Helpful & Optional Items:

- Herbal sitz baths**
Purchase herbs: [Mountain Rose Herbs](#)
- Your favorite essential oils
We recommend [Iris Oils](#) of Richmond
- Camera
- Video Camera
- Wine/Champagne for celebrating!
- CHOCOLATE! ☺

Planning a WATER BIRTH?

Talk to your midwife about your
water birth equipment, supplies, and
the instructions and preparations!

FOR THE HOSPITAL DON'T FORGET !!

- Insurance Card
- Camera & Film
- Phone list
- Cell phone
- Birth Plan