

## Items for Homebirth

### For Labour

- Spray Bottle
- Face washers
- Mirror A4 size
- Hot water bottle
- Box of tissues
- 2 buckets
- 2 garbage bags
- Heater/ fan or cooler
- Camera
- Massage oil
- Ice cubes (Plenty of them!)
- Bendy straws
- Gastrolyte/grape juice/honey
- Rescue Remedy
- At least 10 old towels
- 2 plastic /fabric tablecloths (\$2 shop)
- Sieve (for waterbirth)
- Ansell disposable rubber gloves
- Plastic backed underpads (10 pack) or Disposable change mats (cruisers/pampers – 4 in a pack x 2)

### For the Baby

- 6 old nappies / bunny rugs
- Nappy pin or pilchers if not using disposables
- Woollen blanket
- Pawpaw ointment
- 3 bunny rugs.
- Singlet
- Nightdress
- Booties or socks
- 2 beanies, 4 if waterbirth

### After the Birth

- 2 packets of maternity pads
- 2 litre ice cream container
- Watercolour paper (for placenta print)
- Large torch (with spare batteries)
- Cool pops / popsicles (for perineal icepack)
- Pair of old underpants
- Nightie or t-shirt
- Digital thermometer
- Arnica 30 cc pillules / spray
- Digital thermometer

### Handy Hints

1. Make up bed with plastic sheet
2. Keep all items together, in a box, within easy access
3. Keep up food and fluids in early labour focusing on light & easily digestible foods.  
(Eat, drink and empty bladder every few hours – conserve energy.)
4. Have prepared meals in the fridge or freezer.
5. Consider a birth and breastfeeding homeopathic kit.
6. Midwives often get very hungry and thirsty during long labours
6. Car with full tank of petrol and baby capsule fitted.