

## For Birth:

Birth Kit – order at about 30 weeks, be sure it arrives by the 36<sup>th</sup> week

Emergency phone numbers list by each phone

Map to hospital

3-4 bath towels

6-8 wash cloths

Crock pot

Cookie sheet- old one with sides is fine It is my “tray” for the birth supplies

Electric heating pad and old pillow case

Plastic bowl medium size

Plastic mattress cover – shower curtain liners work great & don't cast too much – if you have a king size bed you might need two

2-3 fitted sheet sets and several extra pillows and cases

Garbage basket and liner

Laundry basket

Several kitchen garbage bags (to cover pillows and for extra garbage)

Roll of toilet paper, Kleenex, paper towels

3 gallon size ziplock bags

Small box of Saran plastic wrap

Bottle of rubbing alcohol

Ammonia – about 1 quart – for postpartum laundry

Space heater (if needed to keep room 70 to 75 degrees after birth for several hours)

Fan

Sports drink, juice, popsicles, sour candies. Coconut water – beneficial for blood loss.

Simple food and beverages – treats that might sound good when you don't feel well. It is very important to drink plenty.

Prepare bed as soon as you know you are in labor. Put usual mattress pad and fitted sheet over mattress. Place the shower curtain liner or other plastic over this sheet. Cover plastic with another fitted sheet. Just put a top sheet and blanket that is washable on top and don't tuck in. Put kitchen garbage bags on a couple pillows and then put on the pillow case. This should keep your bedding from getting soiled. Always wash any soiled bedding in cold water until completely clean before using warm or hot water or drying.

**For Mom:**

Overnight extra long with wings menstrual pads  
2-3 pair older snug-fitting underwear  
2-3 nursing bras, larger size for first few weeks  
2-3 older PJ's, short night gown, or t-shirts for first few hours  
Juice and snacks for after birth, meals in freezer for few days  
Focus point, pictures to look at, lip gloss, massage lotion or powder  
Music, recorder, CD, tape, radio, camera, film, video  
Batteries

**For Baby:**

6-8 cotton receiving blankets  
4-6 onesies or undershirts  
Cotton pajama or jumpsuits  
Socks  
2-4 cotton hats  
Alcohol, cotton balls, Q-tips or peroxide or goldenseal powder  
Small amount of olive oil or petroleum jelly (for baby's bottom to keep meconium from sticking)  
Newborn disposable diapers (with cord cut out, optional.) or cloth diapers, pins and covers  
Car seat (have it clean, warm, and already adjusted straps and base in car)  
Pacifier, optional  
Thermometer  
Stethoscope if possible