

Suggested Supply List for Birth

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| Set the mood[ ]  Candles[ ]  Essential oils[ ]  Affirmation cards/photos[ ]  Playlist/musicWe have Wi-Fi access availableCapture the moment[ ]  Camera[ ]  Phone[ ]  Batteries/ChargersLabor supplies[ ]  Breast pump (to help labor along if needed)[ ]  Disposable absorbent underwear (like Depends pull up type)[ ]  Shoes: flip flops or slippers for inside and walking shoes for outside. Don’t forget extra socks![ ]  Small unopened bottle of olive oil for perineal support and massage[ ]  Small aquarium fish net if you plan to use the tub[ ]  Toothbrush/toothpaste/mouthwash[ ]  Chapstick[ ]  Hair ties/hairbrush[ ]  Glasses/contacts/solution/case[ ]  Clothing for labor, like a labor gown, sports bras, bathing suit[ ]  Things from home that make you comfortable, like a favorite pillow or blanket[ ]  Tennis balls/rolling pin/rice sock if necessary, for back pain. [ ]  Container of baby wipes or cleansing cloths. Food[ ]  Refillable water bottles, preferably with straw[ ]  Favorite drinks (coconut water, electrolyte drinks)[ ]  Healthy snacks (protein bars, dried fruit, honey sticks, etc.)[ ]  Post-birth meal. We have an oven, microwave, fridge, toaster, and Keurig available. There are plenty local options available for takeout and delivery if you prefer. | After delivery[ ]  Change of clothes[ ]  Nursing bra[ ]  Gentle body wash or soap[ ]  Herbs if you plan on having an herbal bath[ ]  Favorite nursing pillow[ ]  If you are planning a placenta encapsulation, please bring a small cooler so it can be kept on ice until you get home. For Baby[ ]  Pre-washed clothes[ ]  Receiving blankets[ ]  Hats[ ]  Diapers[ ]  Car seat that has been PRE-installed Miscellaneous[ ]  Don’t forget snacks, a change of clothes, and other items like prescription medications for your partner. Labor support is hard work![ ]  Please turn in your 36-week paperwork at your 37-week appointment. If you forget to turn it in, please bring it to delivery. [ ]  Please bring any antibiotics you may have been prescribed for delivery[ ]  If you have children that will attend delivery, bring toys, snacks, comfort items, and a designated person for their care.  |