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Suggested Supply List for Birth

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| Set the mood Candles  Essential oils  Affirmation cards/photos  Playlist/music  We have Wi-Fi access available Capture the moment Camera  Phone  Batteries/Chargers Labor 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. |