



A Midwife for Better Birth

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CLIENT BIRTH SUPPLY LIST

- 1 Crock Pot
- Small piece of fresh ginger (grocery store)
- Gatorade, Recharge, or Coconut Water (2 gals.)
- Non Allergenic Laundry Detergent for baby's clothes
- 3 Shower curtain liners (plastic)
- 1 Digital thermometer
- 2 Bags large underpads (chucks pads) approx. 30 (Walmart, Walgreens)
- 1 Box sterile 4X4 gauze pads (Walmart, Walgreens)
- 1 Box non-sterile gloves (medium) (Walmart, Walgreens)
- Sanitary Napkins - overnight size; Some women love Depends for the first day or two (Walmart, Walgreens)
- 2 Small plastic grocery bags
- 2 Large plastic garbage bags
- 1 Set of clean sheets
- 4 Large (old but clean) towels
- 6 Washcloths (old but clean)
- 6 - 8 washed cotton receiving blankets (Target, Walmart)
- 1 Bottle of Chlorophyll (mint flavor) (Vitamin Cottage, Whole Foods)
- 1 Box of salt
- 1 Bottle Hydrogen peroxide
- 1 Small bottle olive oil
- 1 Outfit for baby to wear (t-shirt, gown, socks, cute hat, receiving blanket)
- 2 Pkgs. Newborn disposable diapers
- 1 Fish Net (for labor pool, if you are planning to have a pool) (Walmart)
- Small bag of supplies from Midwife - \$8.00