



## A Midwife for Better Birth

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### BIRTH SUPPLY LIST

- 1 Crock pot
- Small piece of fresh ginger (grocery store)
- Gatorade or Recharge (2 gallons)
- Dreft Laundry Detergent for baby's clothes
- 2 Shower curtain liners (plastic)
- 1 Digital thermometer
- 1 Bag large under-pads (Chucks pads)
- 1 Box sterile 4x4 gauze pads
- 1 Box non-sterile gloves (medium)
- Sanitary Napkins – overnight size
- 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
- 1 Bottle of chlorophyll
- 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 Packages newborn disposable diapers
- 1 Fish net for labor pool (if you are planning to have a pool)
- Small bag of supplies from Midwife - \$8.00