



Supporting the birth that is right for you!

Rebecca M. Pugh, RM • CPM • Doula
970 708 1298
Rebecca@MountainBirth.com

Home Birth Supply List

Baby Bag:

6 receiving blankets
1 set of baby clothes
(long sleeve/long leg, t-shirt,
socks, diaper, socks, hat)
3 extra hats

Birth Bag:

1 sheet
6 towels
6 washcloths
6 burb cloths/cloth diapers

All of these items must be sterilized. Do not sterilize disposable diapers. After washing, place each group of items in their own brown paper bag (like from a grocery store), label and seal with staples. Set the oven at 200 degrees with a small pan of water in the bottom of the oven to provide moist heat. Leave the bag in the oven for 2 hours. DO NOT OPEN THE BAG; afterwards, keep it clean in a closed closet or drawer. Do not allow the edges of the paper to make contact with the sides of the stove or the heating elements TO AVOID FIRE!

Birth Kit:

-Go to 1Cascade.com to order your birth kit. Order the Mountain Birth Birth Kit.

Home Birth Kit:

- Disposable diapers, even if you plan on using cloth, they come in handy in the early days.
- Mattress cover or sheet plastic that will cover your bed and be able to be tucked under the mattress.
- Alcohol, Q-tips and goldenseal powder.
- 2 large ginger roots.
- 2 ounces of dried or fresh comfrey.
- Crock pot or large pot to boil ginger and comfrey.
- Large shallow pan or dish for the placenta.
- 2 gallon size zip lock bags for placenta.
- Hand held mirror.
- Camera with fresh batteries and film/memory card.
- Sitz bath bowl.
- 2 large garbage bags.
- Newborn size cloth or disposable diapers.



Supporting the birth that is right for you!

Rebecca M. Pugh, RM • CPM • Doula
970 708 1298
Rebecca@MountainBirth.com

Food:

(for midwives, birth team, mother, and family)

- It is very helpful to freeze casseroles or baked goods so that during labor and early post-partum your meals and your family's meals are taken care of. Plan ahead!
- Miso, chicken or vegetable broth.
- Honey
- Fruit juice (the less acidic the better). Also try Recharge or juice frozen in ice cube trays.
- High protein foods for after the birth such as eggs, almond butter, yogurt, chicken or tofu)
- Anything mild like crackers or yogurt, a smoothie or cereal is nice for labor.
- Make a Birthday Cake with your kids or during early labor as a distraction.

Supplements:

- To naturally fight off infection: raw, lightly cooked, and or capsuled Garlic; Vitamin C, Echinacea.
- For readjusting from hormone swings: B-Complex; Prenatal Vitamins; Red Raspberry Leaf; Well-Balanced Diet.

Check List:

Make sure you know the answers to these questions and have completed the necessary steps to your Home Birth...

Have you waived or agreed to the Newborn Metabolic Screen?

Ophthalmic Ointment or Vitamin K for the baby?

Strep B Screening? Gestational Diabetes Screening? Rh Factor Screening? Have you waived or agreed to Rhogam? Prenatal/Postpartum? Rh Factor screening for the baby? Will you circumcise? How will you be using the Placenta?

Are you using the Birth Tub?