

Home Birth Supply List

Purchase by 35 weeks

1. Go to www.confidentbeginnings.com and search "Arizona Midwife" or "Alicia Witt" to order sterile supplies kit for your birth. Also order these with your birth kit if they apply to you:

- Vitamin K Drops
- Eldon Card for RH Negative Clients
- AfterEase for After Birth Contractions

2. If you plan for your baby to have the Vitamin K Injection please order it from this link:

www.birthwithlove.com/categories/itempage.asp?prodid=Vitamin+K+1+%28Vit+K+1%29+Prefilled+Syringe

(or visit www.ArizonaMidwife.com and find the "Buy Vitamin K Syringe" link on the CLIENT menu).

3. Please purchase these items from your local retailers.

- 25 foot drinking water hose (blue or white, to fill birth tub)
- 100% Fruit Juice Non-Acidic
- Simple Snacks i.e. Cheese, Crackers, Fruit, Soup, Yogurt, Peanut Butter, Honey, etc.
- Electrolyte Drinks i.e. Gatorade, Recharge, Coconut Water
- Small Unopened 4oz Bottle Cold Pressed Castor Oil from Health Food Store
- 2 Bottles Hydrogen Peroxide
- 2 Dollar Store Shower Curtains
- Package Large Feminine Pads
- Package Depends (optional)
- 2 Kitchen Size Garbage Bags
- 2 Dollar Store Mesh Laundry Baskets
- Thermometer for Baby
- 6 Receiving Blankets Washed
- 6 Large Bath Towels Washed
- 10 Wash Cloths Washed
- 2 Sets of Clean Sheets Washed for Your Bed
- Working Flash Light
- Heating Pad
- 2 Bags Frozen Peas
- Box of Snack Size Zip-Lock Bags
- Q-Tips