



**Wenatchee Midwife Service  
& Childbirth Center**  
310 South Mission Street  
Wenatchee, WA 98801  
(509) 663-2770

### **Home Birth Supply List**

1. Fitted plastic mattress cover
2. Plastic pillow coverings, or wrap pillows in garbage bags
3. Cell phone service, landline, or WiFi
4. Electric outlets in birthing room or extension cord
5. 2-4 large plastic garbage bags
6. 10-25 disposable underpads, “puppy pads” or “Chux” brand pads
7. 2 full sets of clean sheets
8. 6-10 washcloths
9. 4-5 infant receiving blankets
10. Digital underarm thermometer
11. Flashlight or headlamp
12. 2 large bowls
13. 1 large flat cookie sheet or cutting board
14. Light food and snacks - cut fruit, protein shakes, yogurt, electrolyte drinks, protein bars, cheese squares, nuts
15. Food for your labor support team
16. Ice - either from freezer or buy a bag of ice
17. Diapers, blankets, clothing, and hats for newborn

How to make the bed: Put fitted and top sheet on the bed as usual. Cover with plastic mattress cover. Finally, make the bed again with a fitted sheet and top sheet that can be easily cleaned or can be thrown away. Cover pillows in trash bags.

The following are recommended to have available after the birth:

1. Overnight size sanitary pads or Depends
2. Witch hazel or Tuck’s pads
3. Ibuprofen and/or Tylenol, or Cramp Bark tincture
4. Nursing bra, nipple cream, and nipple pads
5. Heating pad or hot water bottle
6. Healing herbs for sitz bath: comfrey, calendula, arnica, plantain, witch hazel