



**Wenatchee Midwife Service
& Childbirth Center**

310 South Mission Street
Wenatchee, WA 98801
(509) 663-2770

Birth Center Supply List

The birth suites are set up to feel comfortable and relaxing, but feel free to bring any personal touches you desire. Photos, favorite pillows or blankets, special candles, or artwork are all welcomed.

1. Car seat installed in the car with the straps on the smallest setting
2. Food and snacks - cut fruit, protein shakes, yogurt, electrolyte drinks, protein bars, cheese squares, nuts. Plenty of food/meals for your labor support team
3. Nourishing meal for postpartum (the birth suite is equipped with a stove, oven, microwave, and refrigerator)
4. At least 2 comfortable labor outfits - bathrobe, large t-shirt, nightgown, loose pants/shorts, slippers, socks, swimsuit top or sports bra
5. If wintertime - warm layers and slip-proof winter boots
6. Clean comfy clothes for the ride home
7. Toiletries - shampoo, comb/brush, toothbrush and toothpaste, chapstick
8. Bathing suit and a change of clothes for partner
9. Newborn diapers, blankets, and clothes including hats
10. Camera or video camera, if desired
11. Cell phone chargers
12. Relaxing music - birth suite is equipped with built-in speakers and aux cord
13. Favorite essential oils, if desired (the birth suite has a diffuser)

The following are recommended to have available at home 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
7. Digital underarm thermometer