



## *Supplies and set-up for your homebirth*

Most items you have at your house or can be found at any hardware store.

✓	Item	Description
	Location of birth	Most women prefer their bedroom and set up the tub in the bedroom (or in the baby's room). We need space to move around the bed and tub.
	Space	We need cleared off surface space to set our supplies. The top of the dresser or a large bathroom counter is ideal. Too many people, too much stuff, a birth tub, and a birth all squished into a room is not helpful!
	Birth kit	Order from Simply Birth, via website.
	Bed prep	Make the bed with one set of clean sheets. Then cover with painters plastic. Unroll the plastic so that one cut end reaches the floor on one side of the bed, then up and over the bed, down to the floor and cut it. Then make bed with another set of sheets, making sure the corners are tight. May need some duct tape to hold plastic in place in corners if fitted sheet is not tight. Place plastic garbage bags over your pillows, pull drawstrings tight, and then replace pillowcases.
	Linens	Two sets of sheets (see above). A pile of bath towels, hand towels, and washcloths.
	Plastic	A roll of 3mm painters plastic is best.
	Garbage	A brown paper grocery bag with a plastic garbage bag inside is sufficient. A large kitchen can is also good. Have extra plastic bags available.
	Laundry basket	Leave beside the garbage.
	Food	Everyone at your birth needs to eat, including you. Have easy to prepare foods (sandwich fixings, leftovers, fruits, etc), easily digestible foods for you (yogurt, crackers, bananas, etc), and a dish to put in the oven or crockpot for afterward available. Everyone gets hungry!
	Coffee	Yes, please!
	Space to rest	Sometimes we need to lay down during or after the birth. Nothing fancy needed!



## *Supplies and set-up for your birth tub*

Most items you have at your house or can be found at any hardware store.

✓	Item	Description
	Location of tub	Must have access to 3 sides of tub and a bed or couch in same room. Ideally in master bedroom which allows for privacy, a bed and bathroom close by, and quiet for you when we are in the kitchen or living room. Most women prefer to have it in a private space that visitors cannot just walk right into. Provide floor space around tub for us to work. Do not put any water in tub until you are sure of the correct tub location.
	Bath mat	For mom to stand on when getting in and out. The plastic bottom helps prevent slipping.
	Plastic tub liner*****	A tub liner is available from the tub rental company or when you buy your birth kit. Do not put in any water until the plastic liner is in place. Fill about 1/3 of the tub with water before taping any edges down. If you don't, you will end up with big annoying bubbles under the plastic inside the tub.
	New, drinking-safe hose*****	Must be long enough to reach from the tub to the sink and from the tub to the drainage area, usually 25-40'. Drinking-safe hose recommended because it has fewer chemicals. Must be NEW as a used hose may have had irrigation water or other dirtiness in it. Can be found at a Home Depot or RV supply store.
	Adaptors***** Quick release Other	The tub company supplies a quick-release adaptor for attaching the hose to the faucet. If you are buying your own tub, be sure to buy a quick release at Home Depot and confirm it will attach to your kitchen or bathroom faucet. You may need another kind of adaptor (male-male or male-female) to fit the quick release adaptor to your faucet. Usually this is a problem when the faucet is a new or fancy one because the dimensions are not standard. If you are using a black stock tank as a tub, do NOT add some kind of adaptor to the plug on the outside, bottom side of the tub to "help with draining"...it's actually cumbersome and doesn't help.
	Water supply*****	Use your bathroom or kitchen sink or laundry room sink as the water supply. Do NOT use the washer hook up or the hot water tank, unless absolutely necessary. Clear the area around the faucet to which the hose is attached.
	Draining the tub	No need for a siphon or water pump, unless special circumstances. <b>I will help you drain the tub and keep the water temperature where it needs to be.</b> The tub will be almost completely drained when the end of the hose is >2 feet lower than the tub. Any remaining water will be caught in the plastic liner.
	Towels	At least 5 bath towels, 3 hand towels, and 3 wash cloths.
	Fish net, small	Yes, you guessed what it's used for! Optional.
	Hot water heater	Make sure your heater is bumped up as hot as it goes. This helps heat the tub quickly. But be sure the other kids are kept away from the faucets.
	Pots for the stove	Please have at least two large stock pots available. We heat water on the stove for the tub for when the water heater runs out or we need to adjust the temperature quickly.

**BE SURE THAT THE ADAPTOR(S) FIT YOUR FAUCET AND EVERYTHING WORKS, PRIOR TO LABOR!!!  
IF SHE WANTS THE TUB AND IT'S NOT READY, IT'S TOO LATE.**