



Homebirth Checklist

For the birth:

- Birth Plan
- Reminder chart for positions in labour and birth
- Flashlight/torch with batteries
- A plastic liner - for outside the pool and for the sofa/bed for delivering the placenta
- A towel to cover the plastic – for comfort and to not slide off
- Towels, sheets or bed wetting sheets to absorb liquid
- Garbage bags for double bagging trash
- A tub for the placenta, if you're saving it, and space in the fridge/freezer
- Food and snacks
- Playlist ready and spare batteries
- If using a birth pool, make sure to do a trial run and to keep all the 'bits' together
 - Hose
 - Pump
 - Sieve
 - Liner
 - Towels for if you are getting in and out of the pool
- Sick bucket
- Hot compress or flannel for perineum if you are birthing outside of water
- Hand mirror – to see crowning, but also if so midwives can see what's going on without disturbing your position
- Ambience enhancers – music, candles, aromatherapy oils

For the mother-to-be:

- Your birthing outfit, should you wish to have one
- Hot water bottle, if that helps you with period pains
- Maternity Pads
- Something clean and comfortable to wear after the birth
- Squeeze bottle filled with a sitz bath solution for after birth urination
- Postpartum tea (Alfalfa, Penny Royal and Shepherd's Purse)
- Sitz bath solution – comfrey, garlic, sea salt, sage, calendula, camomile

For the baby:

- A receiving blanket – something soft and preferably natural
- A second baby blanket to transfer baby into later
- Soft sleeper outfit for baby

If you are having older children at the birth:

- New Baby's gift for older sibling, if using
- Activities to keep young children busy during labour
- If you've used any home birth books to prepare your child for the occasion, have them handy

If you are packing an 'in case'

- Clean clothes
- Clean underwear
- Toothbrush and toothpaste
- Maternity pads
- Pyjamas
- Phone charger
- Cash
- Baby clothes and receiving blanket
- Newborn nappies
- Snacks and drinks
- Camera, charger and spare memory card