AMMA MIDWIVES
Moffett Midwifery Alliance Professional Corporation

Supply List For Homebirth

These items should be available 4 weeks before your due date:

- ✓ Thermometer
- ✓ Large sanitary pads for heavy flow (incontinence pads are nice for the first few days of heavy flow)
- ✓ Two plastic garbage bags
- ✓ Heating pad or hot water bottle
- ✓ Flashlight
- ✓ 8-10 clean old wash cloths for hot compresses
- ✓ plastic to cover bed (flannel-backed vinyl table cloths work well)
- ✓ bowl for placenta
- ✓ 2 warm baby caps or hats
- ✓ 6-8 flannel receiving blankets
- ✓ 1 roll paper towels
- ✓ 4-5 old towels
- ✓ Snacks for labour and labour support
- ✓ space heater (for colder months)
- ✓ bowl for hot water