

# Unassisted Homebirth Australia

## BIRTH SUPPLIES CHECKLIST

(Full version with tips and extra links:  
<https://aucontemplativelife.wixsite.com/unassistedhomebirth/what-you-need-to-birth-at-home>)

**At the end of the day, if all you have is yourself, baby WILL be born!**

**Everything else is simply for comfort, convenience, and easy clean up!**

**So get what you need to make your birth comfortable for YOU.**

**This list is comprehensive only so that you can pick and choose what YOU want from the examples. There is a space after each list for you to add any personal items.**

### Ideas for Labour Comfort

- Wash cloths (kept in a crockpot to stay warm, or dipped in cool water)
- Heating pad
- Comb for holding
- Water and electrolyte type drinks (coconut water, red raspberry leaf tea, and "labouraide" are popular)
- Bendy straw for drinks
- Snacks and food (for you and any birth partners/attendants)
- Exercise/"birthing" ball
- Essential oils in rollers
- Printed affirmations
- Camera/Video recorder (and batteries)
- Ambience lighting (fairy lights, salt lamp, unscented candles)
- Pillows, blankets, or bed for kneeling on
- Herbs and tinctures for labour (e.g. Arnica 200ck, Rescue Remedy)
- A plan for natural pain relief
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### Something for the blood and mess

(protect any material surfaces that you plan to labour on and absorb fluids for easy clean up)

- Old blankets
- Old towels (at least 2, but the more the merrier)
- Shower curtain/plastic sheets
- Flannel backed tablecloth
- Mattress protector
- Chux pads, "blueies" or unscented puppy toilet training pads (can buy in packs of 10, 20, 50 etc) (unscented is chemical free and safe for you and baby)
- Garbage bags
- Laundry detergent/cleaning agent for any blood/amniotic fluid on towels, floor and furniture
- Bucket for vomit
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### For the Baby

- Warm receiving blanket/s for baby
- Baby diapers, newborn size
- Clean size 0000 or 000 onesie and socks (or cotton swaddling blanket if you don't want to dress baby straight away)
- Yourself!
- Boobs (or other milk source)
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### Something for the placenta

- Bowl, tray or empty container/icecream tub
- Large ziplock bag if you intend to freeze the placenta
- Clean, sharp scissors, scalpel, or knife (they don't need\* to be sterile)
- Cord clamp, tie, or cetro cord ring (not necessary in a full lotus birth)
- Herbs, salts, muslin etc if doing lotus birth
- Berries etc if planning a smoothie
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### Waterbirth items

- Extra towels (lots of towels!)
- Towel for drying baby
- Birth pool, kiddie pool, or large bath/tub
- Drinking safe hose and connector
- Pump and attachments
- Pool liner
- Scoop/mesh for poop
- Cushion/ing for under the pool liner if the pool or bath is flat
- Thermometer (floating is helpful)
- Heating method and back up plan eg large pots on stove or electric kettle
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### Emergency Supplies

- Emergency plan (neonatal resuscitation etc)
- Tinctures (Placenta Release and No Bleed)
- 2x Cord clamp (in case of a short cord breaking)
- Rescue Remedy (shock in mother or baby)
- Superglue, manuka honey and seaweed strips (minor tears)
- Transfer supplies bag (create a postpartum essentials supplies box and dump into a bag, if, and only if, you need to transfer)
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### Postpartum

- Large maternity or overnight Pads (disposable or cloth)
- Adult diapers
- Postpartum healing and afterbirth pains remedies (Arnica 30C, herbal tea, herbal sitz baths and sprays, after ease tincture)
- Rescue remedy for "3rd day blues" and general PP anxiety
- Heat bag (for after birth pains)

- Paracetamol/ibuprofen
- Waterproof protection for the bed for your first nights sleep/bleeding
- Nipple cream - doubles as nappy rash cream
- Wire-free nursing bras or easy access feeding tops
- Peri Bottle/Water bottle for perineum/tears (an empty sauce bottle works fine)

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### Additional Optional items

- Flashlight (for checking yourself postpartum, or for your partner to see better during the birth)
- Mirror (as above)
- Eldon card (for testing cord blood to find baby's blood type)
- Flexible or paper tape measure (sewing ones work well)
- Scale for weighing baby (fish scale, luggage scale)
- If you use a fish scale, then a blanket tied in a knot, or a ring sling is handy to suspend baby
- You can also purchase "medical" items such as stethoscope, fetoscope, Doppler, infant cpr mask, or blood pressure cuff, if desired.

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