

Home Birth Midwifery Supply Guide

-Birth Kits are located at <http://www.yourwaterbirth.com/rachel-mueller-midwife-17314.html>

I highly recommend the Deluxe Home Birth Supplies Kit.

Use Code RMueller for a 10% discount

Please order you kit in time to have delivery by 36 weeks.

If you are using My Pool

-Water Birth Kit

https://www.yourwaterbirth.com/account_midwife_kit.php

-Pool supplies needed include....

-Drinking water safe hose 35 Or 50 feet depending on placement

These are white or blue. A garden hose is NOT SAFE.

-Appropriate faucet adapter

-Rainshowe'r Crystal Bath Ball Recommended

https://www.bestfilters.com/Rainshowr-Crystal-Bath-Ball-3000_p_412.html



Recommendations

-There are two Absorbent Underwear (Depends) in the birth kit. I recommend purchasing additional for Postpartum.

-With Hazel without Alcohol

Sitz Bath

Supplies for the home

Crock Pot

Crock pot cooking bag or brining bag

Baking sheet that fits in your freezer for frozen Herbal Pads

6 qt stock pot with cover

Additional pots for boiling water

2 Large Bowls- Plastic or metal

Large Garbage bags

8 washcloths that can get messy

10 Towels that can get messy

If you have carpet you want protected for under tub or around bed

-Roll of Plastic Sheeting. In Painting supplies at hardware store

Painters adhesive carpet protector-in a roll

Plastic or Waterproof mattress and pillow protectors

Sheets that can get messy.

Fruit, Vegetable and healthy snacks for your brith attendants. :)