



Home Birth Supplies:

- Blue underpads
- Rubber gloves
- Hydrogen peroxide
- Large black garbage bags
- Birth pool
- Pool liner
- Floor tarp
- Debris net
- New garden hose
- Sink faucet adapter
- Submersible pump
- Accel disinfectant wipes
- Perineal Herbs
- Elle TENS machine
- TENS electrodes

You Will Need to Purchase:

- Several towels - 12 to 20 would be ideal.
- 2 fitted bed sheets
- 2 drop sheets or Dollar Store shower curtains

****Second hand or hand me down towels will do just fine for required linens.**