

Moms to be can choose to order these items separately, or, visit 1Casecade.com to order most of these items as together in our personally designed Mother Earth Midwifery birth kit.

The cost of the kit is about \$170.00 after shipping. Some families may be eligible for financial assistance. Please contact Helen Stockton of Mother Earth Midwifery to apply. Please note that **not** all recommended items listed here come in the birth kit. Items that **are not** included are shown in *italics*.

If you would like to put together a kit of your own, Mother Earth Midwifery recommends the following:

20-30 Underpads Light Weight 23" x 36"	<input type="checkbox"/>
12 Sanitary Pads in Maternity Size Package of 14	<input type="checkbox"/>
2 Peri Bottles	<input type="checkbox"/>
10 to 20 Sterile Gauze Pads 4" x 4" size	<input type="checkbox"/>
1 Bulb Syringe, 2 Ounce (medium)	<input type="checkbox"/>
1 Iodine Solution 4-12 Ounces	<input type="checkbox"/>
12 Iodine Surgical Scrubs (optional) NOTE: IF YOU ARE ALLERGIC TO IODINE OR SHELLFISH, BE SURE TO ORDER HIBICLENSE INSTEAD.	<input type="checkbox"/>
1 Sanitary Brief one size fits all	<input type="checkbox"/>
1 Almond or Olive Oil 4 Ounces	<input type="checkbox"/>
2 Baby Caps Basic Cotton	<input type="checkbox"/>
8 Sterile Gloves Latex Pairs Large	<input type="checkbox"/>
6 Sterile Gloves Latex Pairs Medium	<input type="checkbox"/>
8 Sterile Gloves Latex Singles Large	<input type="checkbox"/>
6 Sterile Gloves Latex Singles Medium	<input type="checkbox"/>
1 Box of Non-Sterile Gloves Large NOTE: IF YOU ARE ALLERGIC TO LATEX BE SURE TO ORDER/BUY NON-LATEX	<input type="checkbox"/>
1 Flexible Straws Package of 10	<input type="checkbox"/>
1 Lanolin 1/4 Ounce	<input type="checkbox"/>
1 Package of Alcohol Prep Pads 10 or 20 Count	<input type="checkbox"/>
12 Cord Clamps Plastic Sterile OR 3 feet of Sterile cord tape	<input type="checkbox"/>
1 Lube Jelly 3 Grams Package of 10	<input type="checkbox"/>
1 Lube Jelly 4 Ounce Tube	<input type="checkbox"/>
2 Digital Thermometers	<input type="checkbox"/>
37 Days' worth of Postpartum Herb Bath, Ordered Online or Made From:	
<ul style="list-style-type: none">• 1 Cup Lavender flowers• 1 Cup Calendula flowers• 1 Cup Comfrey leaves	<input type="checkbox"/>
This will make about one days' worth	

Baby foot printer and keep sake birth certificate if desired.

At least 2 Cheap Plastic Shower Curtain Liners | 2 usually will cover your bed but get more if you want to cover your floor or other surfaces

Once your kit is received or assembled, please keep it in a box or tightly closed plastic bag. Your Midwife will open it at the birth. Please be sure to have all items **before** your thirty-sixth week of pregnancy.

Water Birth | Additional | Optional | Supply List

For moms-to-be choosing to have a home water birth will need to order additional items. Most can be found at 1Cascade.com, but may be available from other retailers for less. Additionally, other items below are recommended for the most comfortable experience possible.

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Birth Tub Liner

Brand new (for hygiene reasons) garden hose long enough to reach from your water supply to where you want the tub | ~25'

Faucet adapter for hose | Be Sure to Test it

Goldfish Net

Plastic sheets/shower curtain liners to go under and to cover tub

Disposable Shower Curtain Liners for Bed Coverings | 2-4 Depending on the Bed's Size

10-20 Disposable Towels*

10 Disposable Washcloths*

4 Disposable Baby Receiving Blankets*

1 Set of Disposable Sheets and Pillow Cases*

1 Set of "Recovery" Sheets and Pillow Cases | Keep in Mind these may still be Soiled so Choose Accordingly

First Baby Outfit*

2 Clean Plastic Bins or Wide Laundry Baskets

2+ Heavy Duty Garbage Bags | Contractor Size

High Protein Foods | Stomach Safe | Broth, Yogurt, Peanut Butter, Cheese, Etc.

Healthy High Sugar Foods | Stomach Safe | Honey, Whole Fruit Juices, Bananas, Etc.

High Iron Foods | Kale, Spinach, Beef, Etc.

Women with Diabetes or those who have Experienced Sugar Problems During Pregnancy will Want Glucose Gel

Other Desired, Stomach Safe Foods	<input type="checkbox"/>
Pregnancy Tea Hot or Cold	<input type="checkbox"/>
At Least a Week's Worth of Any Current Prescriptions	<input type="checkbox"/>
Premade, Pre-frozen Foods for the Weeks Following the Birth	<input type="checkbox"/>
Iron Supplement and/or Chlorophyll Liquid Food Based is Best	<input type="checkbox"/>
Honey sticks	<input type="checkbox"/>
Liquid Food Based Multivitamin Supplement	<input type="checkbox"/>
Emergen-C Powdered Vitamin Packs	<input type="checkbox"/>
4-8 Natural Electrolyte Juices and/or other Whole Juices	<input type="checkbox"/>
Coconut Water	<input type="checkbox"/>
Disposable Night Gown(S)	<input type="checkbox"/>
Sports Bra or Bathing Suit Top	<input type="checkbox"/>
Nursing Bra(s)	<input type="checkbox"/>
Full Coverage Underpants	<input type="checkbox"/>
Crock pot (to warm washcloths)	<input type="checkbox"/>
Heating Pad	<input type="checkbox"/>
Candles	<input type="checkbox"/>
Music Selection	<input type="checkbox"/>
Swimwear for your partner and/or Labor Support Person For Water Births	<input type="checkbox"/>
Bath Robe	<input type="checkbox"/>
Slippers	<input type="checkbox"/>
Massage Oil or Lotion	<input type="checkbox"/>
Any other comfort measures you would like.	<input type="checkbox"/>

**Wash items on hot/hot with the strongest detergent/bleach you are comfortable using. Dry immediately two or more times with the highest temperature possible, and then fold and store immediately in paper grocery bags. Staple or tightly tape bags completely closed and label with their contents. Store the bags near where you plan to birth. Your Midwife will get them out when necessary.*

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