

Home Birth Supply List

www.homebirth.org.za

Most of these are available from Dis Chem:

- Linen savers (2 packs)
- Massage oil
- Music
- Candles
- Large pot on stove with boiling water for sterilising instruments
- Sterile gauze (2 packs)
- Large roll of cotton wool
- Straws (bendable ones preferable)
- Plastic sheet (black bags can also be put under sheet, some people also use a shower curtain)
- Black bags
- Two bins (these can be boxes/crates/buckets lined with black bags - one for soiled linen, the other for rubbish)
- Torch with extra batteries (head torch good)
- Maternity pads (at least three packs)
- Old linen and towels
- Face cloths
- Water supply
- Baby clothes and nappies
- Wecesein powder (also known as graze and weeping wound powder)
- Colander for lotus birth (optional)
- Rough salt for lotus birth and to bath in after birth
- Hospital bag (just in case)
- Light snacks and things to drink
- Hot water bottle
- Wet wipes
- Disposable panties
- Birth ball (optional)
- Birth pool (optional)