

*Sacred Midwifery*  
*Zaina Keeley, CPM, LM*

### **Birth Supply List**

The main birth kit can be ordered from [www.preciousarrows.com](http://www.preciousarrows.com). On the website, go to Home Birth Kits, then Custom Birth Kits and select **Sacred Midwifery** (you will see my logo). This has most of the supplies that I will need for your birth. You may also order by calling them at 877-423-7796.

If you are planning to rent one of my birth pools, please add the pool things that you will see at the bottom of options.

You also have the option of adding a separate purchase of sitz bath herbs for after your birth, after-ease extract for afterpains, and much more.

Please gather the following items together in one area by 36 weeks.

- 2 large black trash bags
- 2 gallon size Ziploc bags
- roll of paper towels
- 10 receiving blankets or small towels (these will get messy)
- 10 small washcloths (for perineal compresses and clean up)
- crock pot (to have hot water for hot compresses)
- flashlight
- olive oil (in a little squirt bottle is nice)
- a bowl for the placenta (doesn't need to be real large, something light- plastic or metal)
- small bottle of peroxide for clean up

Other things to have accessible in the house:

- have extra old towels around if possible, especially if this will be a waterbirth
- a regular sheet set and a set that can get messy
- a stain remover/laundry booster to soak laundry afterwards
- hand held mirror if desired, to view birth of baby's head
- you may want an extra shower curtain or plastic to cover your mattress
- simple foods and snacks, drink such as juice, sports drink, emergenC for mom
- snacks, possible meal for birth team