



## LINENS

- 6-8 towels
- 3 receiving blankets
- Plastic sheet or mattress protector for bed
- Plastic sheet or tarp for under birth pool
- Old sheet for couch or bed

## SUPPLIES

- 2-3 big trash bags
- Paper towels
- Bowl or large Ziploc bag for placenta
- Paper towels
- Waterproof/puppy pads
- Cord tie for clamping cord if you don't want the plastic clamp
- Herbal tinctures, just in case. (No More Bleed, Placenta Release if you prefer not to use synthetic oxytocin)

## POSTPARTUM

- Comfortable pajamas
- Disposable underwear
- Postpartum pads
- Newborn nappies and clothes
- Paracetamol for after birth cramps
- Food you know you'll want to eat after
- Peri bottle and herbs sitz bath

## EXTRAS

- Water bottle with straw or you can squeeze
- Yoga/birth ball
- Heat pack
- Lots of snacks and drinks
- TENS machine
- Bluetooth speaker and playlist
- Candles, affirmation cards, decorations
- Diffuser with essential oils, like lavender, clary sage, or wild orange



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## SUPPLIES

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- Paper towels
- Bowl or large Ziploc bag for placenta
- Sterilized scissors or other method for severing the cord
- Waterproof/puppy pads
- Cord tie for clamping cord
- Herbal tinctures, just in case. (No More Bleed, Placenta Release. Your Doula may have some.)

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