

## Homebirth practicalities

### General

- Labour Bag (all items packed by birth partner so they know where and what things are, can be taken with you if transfer to hospital is necessary – make sure there are some ‘easy to pull on’ tracksuit bottoms and comfy shoes nearby)
- Doula or additional birthing partner to support mother and her partner
- Music (playlist on smart phone/ tablet) and speakers, CD – plus instructions for partner
- Battery operated candles (for safety), scent or atmospheric diffuser
- Birth Ball
- Birth Bucket (get a builders bucket and attach soft padding to the rim)
- Birth Pool (can be bought or hired <https://www.birthpoolinabox.co.uk/>) Towels – at least 25 so that if you get in and out of pool several times, you’ll have something dry to wrap around you - this is where friends and family can be helpful!) Bucket so you can empty and replace cooler water with hot water)
- Light food and drink for labour
- Food and drink for partner, midwife and other supporters, plus other children
- Bendy straws and/or spill proof drinking cup/bottle
- Hot compresses, hot water bottles, 2 flannels (rotate and keep one in fridge)
- Tarpaulin, plastic sheeting, old sheets etc. Shower curtains make good splashproof surfaces for giving birth
- Biological washing powder – with stain digesting enzymes, even if you normally use the ultra-gentle, ultra-green versions, to remove stains from clothing/linen/towels etc
- Bin bags for waste disposal
- Hand mirror to watch crowning if you fancy it
- Gift for older children from new baby
- Angle poise lamp or head torch (particularly useful if midwife needs to stitch but you want lights to remain dim once baby has been born)
- Notice for front door informing people you are having a planned homebirth and midwife is with you so no need for them to ‘help’
- Tena Lady Pants
- Fairy lights for bedroom
- Portable heater
- Tray for midwife to put her equipment on (and move from room to room if necessary)
- Special blanket to place over mother and baby (natural fibres)
- Birth Preferences (written down and printed)
- Container for placenta (if keeping it, or for umbilical cord if keeping and drying out)

### Complimentary Therapies, if they appeal to you:

- Aromatherapy oils (check with a qualified aromatherapist about suitable oils for labour)
- Herbal remedies or homeopathic kit
- Phone numbers of any therapists you may want to call during labour
- Accupressure bands for nausea
- TENS machine with batteries

Adapted from [www.homebirth.org.uk](http://www.homebirth.org.uk)