

Home birth checklist

- Plastic sheeting to protect floors, sofas and carpets
- Soft covering like old sheets and towels
- 3 -4 towels (maybe red) for your baby and a few more for yourself if you are planning a water birth
- Small bin bags and a big bin bag
- A bowl for your placenta
- A small bowl for a compress
- A bucket
- Tissues
- Kitchen roll
- Food and drinks for both of you during labour
- Straws for easier drinking
- Ice cubes (for refreshing drinks)
- Hot water bottle or a bigger cherry seed pillow (for early labour)
- Sanitary towels/maternity pads
- Incontinence sheets or disposable changing pads (not too small), you can get them in a drugstore or “Sanitätsbedarf)
- Disposable net pants (you can get them in a pharmacy) for mum after birth or comfy big boxer shorts
- Nappies for your baby
- A few muslins (for baby)
- A packed hospital bag (just in case you need to go the hospital)
- Important numbers such as your midwife’s
- Childcare (if necessary)

Other ideas (if you would like to)

- Birthing pool
- Music (playlists) to stay calm and focused
- Aromatherapy oils (massage and relaxation)
- Aromatherapy dispenser
- Camera
- Candles or special lighting
- Birthing ball

For the birthing pool

- The birthing pool has a volume of approximately 400 litres, it is therefore recommended to check the structural analysis of your flat or house
- Pump to inflate pool

- Plastic sheets 4x5m (e.g. for painting, tear-resistant)
- Electrical tape
- Plenty of towels, morning gown (if you would like to wear one)

Postnatal period (Recommendations)

- Topfen (Austrian curd)
- Lanolin
- Eichenrindenextrakt (oak bark tree extract which supports the healing of wounds)