

## Home Birth Equipment List.

Here is a list of things you will need if having a pool:

What do I need	Why do I need it	Complete
Electric Air pump	To blow up the pool if required	
Electric Water Pump	To pump water out of the pool	
Tap connectors for hose	To fit to your taps - check	
Hose to fill pool	Fill the pool with water	
Waste hose to empty pool	Water Pump should fit this	
Thermometer for pool	To check temperature of the water	
Sieve	To collect debris out of the pool	
Mirror	For midwife/partner to check you	
Torch	So if dark can see if baby is on the way	
Bucket with handle	To fill and empty pool	
Shower curtain	To go underneath the pool	
Min 6 towels	For Mum	
Min 6 towels	For baby	
Toddle bed pads	For you to sit on or stand over	
Disposable Gloves	For partner/midwife/doula to help clean up	
Sanitary Pads	Maxi ones are good.	
Plastic sheet/old towels	For on your bed to protect mattress.	
Fresh clothes/pj's & Underwear	For mum	
Clothes & nappies	For baby	
Drinks and snacks	To help keep you hydrated	
Fan/Heater	Depending on weather	
Visuals for the wall	If want something to focus on	

**If you are not planning a pool to be used at home you don't require all the items in blue.**

It's ideal to be prepared and have a hospital bag packed for out of sight if you prefer - as your partner knows where everything is just in case you transfer to hospital.

Having a flat surface where your baby can be assisted if need be is usually recommended.

Utilise the space around you ~ take time to plan your space and prepare.

**Optional extras to think about:**

- Birth Ball
- CUB – Comfortable Upright Birthing
- Aromatherapy oils for massage or to difuse
- Music

This is not an exhaustive list and you might not need everything on here.  
It's just things for you to think about.

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Notes: