

Waterbirth Supplies

1. **Birthing Tub:** Your Tub should be large enough for you to stretch out in and deep enough to cover your belly. (At least 22 inches deep, 25 inches is even better!) The type of tub does not matter so much, a kiddie pool, a Rubbermaid horse trough, or a rented aquadoula type of tub are all good tubs for birthing.
2. **Plastic liners:** If you are having your birth in an area of your home where there is carpet or a wood floor, you will want to lay down a plastic sheet (painter's plastic drop cloths are perfect!) or a plastic backed flannel tablecloth. An extra plastic liner is nice to place across the surface of the water when mom is not in the tub to hold in the heat from the water. If you are renting your tub, or plan on reusing it, a plastic liner placed inside the pool will help with cleanup afterward. Buy the thicker liners (4ml and above) to prevent tearing.
3. **Floating Thermometer:** This is an optional piece of equipment, but is helpful for making sure that the water does not get too hot or too cold during the birth. Water temps should be between 90 -100 degrees Fahrenheit. If the water is too hot, this can lead to mom's overheating, if it is too cold, it can give the baby a chill when born. You can buy this at aquarium stores, online, or at your local pool retailer.
4. **Debris Net:** You can get this at your local pet store or at Wal-Mart if they carry aquarium fish. Get a large size, not the smallest one. About 4 inches or more in size should be sufficient. The net is to scoop out any "floaties" that can come out during the birthing process, feces, clots, etc.
5. **Shoulder Length Gloves:** This is more for the midwife, and she may have her own, check to see if you need to include this in your waterbirth kit. These gloves can be purchased online through waterbirth sites and I know of one lady who was able to get a couple pairs through her local veterinarian.
6. **Water Hoses:** I'd advise at least two garden hoses, one for filling, and one for draining/siphoning out the pool. The length varies according to how far it is from your faucet or laundry room to where you are birthing your baby and how far it is from the pool to the outside. But generally, a 25-foot hose is sufficient.
7. **Faucet Adapter:** You can again buy this online or at your local hardware store. This adapter is for the garden hose if you are using your kitchen or bath's faucets to fill you tub. You can buy a "Y" adapter that also allows you to use the faucet between fills/top-offs without removing the adaptor.
8. **Waterproof flashlight:** This again you can get at your local hardware store or online.
9. **Underwater mirror:** You can buy this at www.yourwaterbirth.com for around \$4.00 as of 2-06. This is so that mom can view the birth of her baby more easily. Also not a necessity, but certainly a nicety.
10. **Submersible pump:** Again, not a necessity if you are simply buying an extra garden hose and water to siphon off the water yourself without a pump, but it is a nice item to have for convenience. You can buy these online or at pool suppliers.
11. **Air pump:** Whether electric or a foot pump, if you are using a blow up pool, you will need an air pump. You can again buy these online, at your local pool supply store, or anywhere that sells camping equipment.

