

Equipment needed for home birth:

- Savlon 200mls.
- Linen savers [12] from Med Medical supplies
- Garbage bags
- Newspaper
- Heater for winter
- Old T-shirt or nighty to labour in
- 2 old sheets for bed
- 2 old towels for baby
- 1 roll paper towel
- 1 large roll cotton wool
- Maternity towels
- 2 empty ice-cream tubs

For mother in labour:

To keep up energy in labour. Labour uses lots of energy and calories

- Coke, Liquifruit, or other
- Super C.
- Schlehen Elixir

For baby:

- Disposable nappies
- Wecetin wound powder/ Surgical spirits
- Set of warm clothing
- Cauphyllum drops 10 drops 3x a day from 39 weeks
- Raspberry leaf tea or tablets 3x a day from 39 weeks
- Cuprum metallicum 0,4% for perineum 2x day