



MAMALA RESOURCES LLC

Herbal Birth Bag – Supply List Ideas

Topical Bag

- Lavender Room & Body Mist (Aura Cacia)
- Lavender Massage Oil (Badger)
- Arnica Massage Oil (Weleda)
- Peppermint Essential Oil (LeFleuria)
- Lavender Essential Oil (LeFleuria)
- Pikake Birth Mist (Mamala Resources)
- Herbal Rice Sock
- Crystal Ball w/bag

Herbal Bag

- After Ease (WishGarden)
- Bach Flower Rescue Remedy
- Bach Flower Rescue Sleep
- Homeopathic Childbirth Kit (Helios Homeopathy)
- Honey Lavender Stress Relief Tea (Yogi Tea)
- Ho'olaua'e Tincture (Mamala Resources)

Tech Bag

- 3 Big LED Color Changing Candles w/remote
- 5 or more small LED Tea Candles
- Portable Mini Speaker w/cords (iHome)
- Birth Ball Pump
- Small Flashlight (Duracell)

- Cell Phone Charger w/plug
- Extra Batteries (not pictured)
- SD Card Converter (not pictured)

Hygiene Bag

- French Lavender Deodorant Wipe (EO)
- Travel Toothbrush (Radius)
- Grapefruit Facial Cleansing Towelettes (Burt's Bees)
- Earthpaste (Redmond), Mint Toothpowder (Ecodent), Tooth & Gum Oil (Theraneem), Breath Spray (EO)
- Proxabrush (GUM), Dental Picks (Dentek)
- Hair Tie
- Lip Balm- Mongo Kiss Vanilla Honey, (ECO LIPS), Strawberry Sorbet (EOS), Grapefruit (Yes to), Coconut Lime (Fresh Thyme)
- French Lavender Hand Sanitizer Spray (EO)
- Healthy Mouth Herbal Rinse (Little Red Bird Botanicals)
- Sanitary Pad
- Vanilla Lavender Lotion (EO)



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Sustenance

- Coffee- Coconut Mocha, Vanilla & Caramel Espresso (KITU), Oatmilk Latte (Rise)
- Tate's GF Cookies
- Green Tea- Sencha Shot, Koicha (Ito En), Matcha (Trader Joe's)
- Meat Sticks/Strips- Grass Fed Beef, Free Range Turkey (Nick's Sticks), Salmon Meat (Epic)
- Justin's Peanut Butter Packets
- Justin's Dark Chocolate Peanut Butter Cups
- Sea Salt GF Pretzel Sticks (Quinn)
- Electrolytes- Max Hydrate Tablets, Power Pak Powder (Trace Minerals)
- Magnesium Powder (Natural Calm)
- Organic Coconut Water (Nature Factor)
- Spry's Gum Natural Peppermint
- Mints Peppermint (Verimints)
- Miso Soup Packet w/tofu (Edward & Sons)
- Clover Honey Sticks (Glory Bee)
- Japanese Green Tea Bags (Choice Organics)

Miscellaneous

- Handheld Mirror
- Bendy Straws
- Plastic Bags
- Extra Clothing
- Birth Ball (not pictured)
- Gloves
- Rebozo
- Pareo or other material
- Snacks for Children
- Snacks for Fur Children

Paperwork

- Notepad
- Pens
- Sharpie
- Scotch Tape

Personal Items

- Wallet
- Cell Phone
- Makeup
- 30 C Homeopathic Remedies (Washington Homeopathic & Boiron)-Arnica Montana, Magnesia Phosporica, Carbo Vegetabilis, Apis Mellifica, Aconitum Napellus
- Herbal Tinctures (Fresh Thyme, Oregon Wild Harvest, Herb Pharm, Mamala Resources)- Nettles, Motherwort, Holy Basil, Hawthorn
- Herbal Oil- Hinahina Body Oil