

Birthing Kit Checklist

- _____ One bar of **soap**
- _____ One **pair of plastic gloves**
- _____ Five squares of **gauze**
- _____ One disposable #10 **scalpel** six inches long
- _____ Three pieces of soft, cotton **string**
- _____ One **plastic sheet**
- _____ One **gallon-size Ziplock freezer bag / or cloth bag**
- _____ One flannel **receiving blanket**
- _____ One **underpad**

How to Make a Cloth Bag for a Birthing Kit

Recently members of the Raleigh Moravian congregation packed birthing kits for the Women's Unity Desk. When basic medical supplies are not readily available, these simple kits save the lives of mothers and infants. Historically, these kits have been packed in ziplock bags. Since there are now countries that will not accept the plastic bags, there is a need for simple cloth bags in which to pack the kits. These should be approximately 11.5 by 11.5 inches and have a drawstring closure. They can be made of any fabric that is sturdy and lightweight. Ideally, they would be able to continue to serve a purpose for the mother.

Instructions:

- Out of lightweight, sturdy fabric (cotton, canvas, light upholstery fabric, synthetic woven fabric) cut two squares 12.5 x 13.5 inches.
- With "right" sides together, sew the two short sides and one long side closed with a 1/2" margin. At this point you might consider finishing the seams if you are familiar with seam finishing techniques, but this is not a necessary step. (Alternatively, you could sew the sides together using a French seam technique. See a demonstration of "How to sew a French seam step-by-step" on YouTube at <https://youtu.be/YYa86gQbN6c>.)
- With the bag still inside out, fold over the top hem, creating a generous pocket for your drawstring. It will make sewing the pocket a bit easier if you iron it in place. Measure at this point to make sure that your pocket is not so deep that the completed project is too small.
- Sew the bottom edge of the pocket leaving an opening about 1/2 inch.
- Turn the bag right side out and, using a large safety pin, thread a drawstring into the top pocket. Drawstrings can be cord, fabric, leftover lanyards or ribbon.
- Ideas for fabrics for the bags...dishtowels, old table or bed linens, cast off clothing, reusable shopping bags, or synthetic mesh.
- This is just one process, any process that creates an approximately 11.5 by 11.5 inch bag that will lay flat and has a drawstring will work.

Each bag should contain:

- **1 sheet of plastic**
- **1 flannel receiving blanket**
- **1 underpad**
- **1 bar of soap**
- **2 gloves (1 pair)**
- **5 squares of gauze**
- **1 scalpel**
- **3 pieces of cotton string**

Start Here

Pick Up Empty Bag

**1 sheet of
plastic in
Each bag.**

2 gloves
(1 pair)

1 underpad

**1 flannel
Receiving
blanket**

**1 bar of
soap**

**5 squares of
gauze**

1 scalpel

**3 pieces of
cotton
string**