

- Ice chips or cubes, juice, popsicles, or fluid replacement drinks (e.g. Gatoraid) and light food for labor
- Hand held mirror if you wish to watch the birth
- Bowl for placenta (good sized mixing bowl)
- If you have carpeting, to cover the floor, plastic picnic table cloths with flannel backing
- Large waste basket or box covered with a garbage bag for waste
- Another large waste basket, laundry hamper, or box lined with garbage bag for soiled laundry
- Flashlight
- Hydrogen peroxide and salt for removing blood stains
- Space heater to warm room during winter months
- Small table or surface where we can lay out sterile supplies
- Extension cord
- Heating pad

Optional Supplies for Home or Hospital Birth

- Bach Flower Rescue Remedy
- Rolling pin, tennis balls, or massager (for back labour)
- Camera
- Personal keepsakes (photos, music, focal point item)

Postpartum Supplies for Mother

- Sanitary pads (NOT with "dry weave" or "stay-dry cover" i.e. Always) OR Adult Diapers
- Digital Celsius thermometer
- Ibuprofen and Acetaminophen (Tylenol or Advil)
- Ice pack or sanitary pads soaked in water and kept in freezer to use on perineum to reduce swelling

Supplies for Baby

Newborn babies don't need much; your loving arms and milk will do. Expect your baby to want to sleep with you most of the time.

- Nightgowns or sleepers and undershirts
- Warm cap or hat (2 sizes, preferably without strings)
- Receiving blankets (4)
- Diapers

What to Pack in Your Hospital Bag

*Even if you are planning a homebirth, it is still a wise idea to have a hospital bag ready "just in case."
When we don't end up needing to use it, you will enjoy unpacking it!*

- Clothes: one outfit for the baby to come home in, and one for you. You will not fit into regular clothes yet, so plan on maternity wear for going home
- A small unopened bottle of Olive Oil or Vaseline for perinea massage and baby's bottom at diaper changes
- Personal grooming items and lip ointment
- Nursing bra, slippers/slip-on shoes
- Warm hat for baby (2 sizes, preferably without strings)
- Money and small change (for parking)
- Infant car seat; installed in your car
- Health card
- Extra pillow(s)
- Food and drink for you and your partner
- Vomit basin or plastic bag
- Watch
- Underwear
- Cell Phone Charger

Homebirth Supply List

Most of these items will already be in your home. About three weeks before your baby is due, put these items into a large basket and keep in a closet where it can be retrieved quickly. Please don't leave things until labour to pull together. The quicker we can get supplies set up, the more attention we can give to you!

- Bed made up this way:
 - Bottom layer: Clean sheets (bottom and top)
 - Middle layer: waterproof covering (i.e. mattress pad, shower curtain, picnic table cloth)
 - Top layer: Clean fitted sheets over the water proof covering

When the baby is born, the top coverings are removed, and the mother and baby settle down in a clean bed. Of course, this doesn't mean you have to give birth on the bed; many women do not.

- Pillows (covered with plastic garbage bags under the pillow slip)
- A pile of towels (4-5); soft is preferable
- Baby blankets (4-6) to be warmed just before the baby comes
- A collection of washcloths (10) for perineal compresses
- Crock-pot for hot compresses. If you can't get one, a large bowl will do.
- Roll of paper towels