

## Home Birth Supplies List

(Please have all items put aside in a box/bin by 37 wks gestation)

- 12-24 4" X 4" (10cm x 10cm) sterile gauze squares
- 24 disposable underpads (approximately 18" X 24") called "Chucks" or "incontinence pads"
- 2 rolls of paper towels
- 1 oral thermometer (tested and working)
- 1 hot water bottle or heating pad
- 1 good quality flashlight and extra batteries
- 2 gel-type cold packs (place in freezer)
- 1 plastic sheet (shower curtain, vinyl tablecloth or plastic mattress cover) to cover the entire mattress
- 1 large box of unscented sanitary pads (overnight, extra long or maternity)
- 1-3 large pair of comfortable underwear
- Ibuprofen or Tylenol (acetaminophen, not aspirin) for after pains, pain or swelling
- 2 large garbage bags
- 2 large ziplock bags or large container (for placenta)
- 1 bottle of hydrogen peroxide

### LINEN

- 2 flat sheets & 2 fitted sheets (one set will be disposed of after if need be)
- 2 hand towels
- 4-6 large towels
- 8-12 large wash cloths
- 8-12 receiving blankets
- 2 newborn hats
- newborn nightgowns or sleepers
- 1 large pot with lid or electric crock pot

### OPTIONAL

- 1 small, unopened bottle of unscented oil (olive, vitamin E, etc.)
- 1 hand mirror
- 1 box of newborn paper diapers for the first few days
- herbs and epsom salts for postpartum bath
- hydration drink ex. coconut water or labour-aide: lemons, maple syrup, salt, calcium
- snacks and drinks for your family and birth team

\*\*Please have a hospital bag packed in case needed. The car seat should also be ready to go.