

### Birth Supply List

Homebirth Supplies

Baby:

* 10 receiving blankets/towels
* Hat for baby
* Clothes for baby
* Newborn diapers
* Car seat (installed in car)
* Space heater may be helpful if room is cool

Mom:

* Extra towels, so you can take showers
* Container for placenta (with a lid if possible)
* Sanitary pads (large overnight)
* Extra toilet paper
* Plastic sheeting for bed, and for the floor
* Facecloths for warm compresses (crock pot or bowl)
* Hydrogen peroxide
* Ice Pack or small bag of frozen peas or corn
* Two garbage bags
* Old set of sheets/ good set of sheets
* Snacks and drinks for labour

Your midwife will bring blue absorbent under pads, and a peribottle. To prepare your bed ahead of time simply put your “good sheets” on the mattress. Place the plastic sheeting (sometimes a shower curtain or a plastics fitted sheet) on top of the sheets. Put the “not so good” sheets on top of the plastic sheet.

Remember to have lots of fluid on hand, like water and juices. Also quick, easy, nutritious snacks to eat during labour and after delivery.

Hospital Supplies

Mom

* Extra Towel
* Extra Pillow
* Extra socks/ slippers
* Snacks and drinks for labour
* Music
* Extra clothing/night clothes
* Shower shoes
* Toiletries
* Eye glasses as well as contact lenses
* Health Card/Insurance info.
* Your New Life Midwives Binder
* Sanitary pads

Baby

* Car seat ( installed in car)
* Outfit to go home in
* 2 receiving blankets
* Hat
* Weather appropriate outerwear
* Newborn diapers

Recommended Supplies for all Clients

* Watch with second hand
* Digital thermometer in Celsius (not ear)
* Frozen peas
* 50 mg tablets of gravol (regular)
* Tylenol and Ibuprofen
* Lip balm

Optional Supplies for all Clients

* Homeopathic Arnica 200 ch
* Bach Flower Rescue Remedy
* Herbal bath-comfrey, lavender, calendula
* Menstrual pads (10-12) soaked in Witch Hazel, wrapped in cellophane and put in freezer
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