

# **Home land birth supply list (baseline)**

## **Comfort + labour support**

- Pillows (several), extra blankets, large towels
- Heating pad and/or hot water bottle
- Ice packs / gel packs
- Massage oil/lotion (unscented)
- Birth ball / peanut ball (optional)
- Rebozo or long scarf (optional)
- Fan (standing or bedside)
- Cold cloths / washcloths
- Lip balm
- Hair ties/clips
- Timer/clock

## **Hydration + nourishment**

- Water bottles with straws, electrolyte drinks
- Easy snacks (honey, dates, fruit, broth, crackers, protein bars)
- Large cups, bowls, spoons, paper towels

## **Environment + practical items**

- Phone charger + long cord / extension cord
- Night lights / dimmable lamp / candles (battery safer)
- Trash bags (kitchen size + large contractor bags)
- Laundry basket or bin for soiled linens
- Hand soap, hand sanitizer
- Clean sheets for bed + spare set
- Waterproof mattress protector or shower curtain
- Puppy pads / chux (disposable underpads)

## **Birth + postpartum basics**

- Peri bottle
- Pads (heavy overnight), disposable underwear / mesh underwear
- Witch hazel pads or spray (optional)
- Sitz bath supplies (optional)
- Thermometer (digital)
- Gloves (nitrile), a few medical masks (optional but handy)
- Basic first aid kit

## **Baby care (immediate newborn)**

- 2–3 newborn sleepers + hats
- Receiving blankets (2–4)
- Diapers + wipes
- Burp cloths
- Car seat installed (if leaving the house)
- Vitamin D drops (for later, if breastfeeding)

### **Documentation (optional, but common)**

- Birth plan/preferences printed
- Notepad + pen
- Phone/camera if you want photos

## **Home waterbirth supply list (everything above plus waterbirth add-ons)**

### **The tub/pool setup**

- Birth pool/tub (home birth pool, portable tub, etc.)
- **Tub liner** (single-use) if using an inflatable pool
- **Cover** (to retain heat between contractions)
- **Thermometer for water** (floating pool thermometer)
- **Room thermometer** (optional but useful)

### **Water supply + filling**

- **Food-safe, lead-free drinking-water-safe hose** (usually 25–50 ft)
- **Hose-to-tap adapters** (these are the big “Canada home” essential)
  - Kitchen faucet adapter (common: M22/M24)
  - Bathroom sink adapter (common: M22/M24)
  - Shower diverter + hose adapter (very common in Canadian homes/condos)
- Hose washers / spare rubber gaskets (prevents leaks)
- Teflon tape (quick fix for drips)
- Optional: Y-connector (if sharing tap with something else)

### **Water removal + cleanup**

- **Submersible pump** (most common for quick emptying)
- Discharge hose (matches pump size; often 3/4"–1")
- Bucket (at least 1–2) for backup draining
- Strainer / small sieve (for debris)
- Extra towels (more than you think: 8–12 is not excessive)
- Mop + floor cleaner (or disinfectant)

## **Protection for floors + nearby furniture**

- Large waterproof tarp(s) OR painters plastic sheeting
- Non-slip bathmats / grip mats around tub
- Extra underpads/chux for the path from tub → bed/toilet
- Waterproof chair pad (if sitting near the tub)

## **Hygiene, infection control, and “mess management”**

- Nitrile gloves (several pairs)
- Hand soap + sanitizer at the birth space
- Disinfectant wipes/spray for surfaces
- Large garbage bags + extra bin liners
- Paper towels (multiple rolls)
- Laundry detergent + stain remover (for after)

## **Waterbirth-specific labour + baby items**

- Small mirror (optional, for checking progress in water)
- Small handheld fan (humidity can be intense)
- Warm robe + grippy socks for getting out
- 2–3 large dry blankets ready beside tub for immediate warming
- **Baby towel/blanket specifically reserved for “out of water” drying**

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## **Quick comparison: Landbirth vs Waterbirth**

**Same for both:** comfort items, snacks/drinks, lighting, bedding protection, postpartum pads, newborn basics.

### **Waterbirth adds:**

- Tub/pool + liner/cover
- Fill system (hose + adapters/diverters + washers)
- Drain system (pump + discharge hose + buckets)
- More waterproofing + non-slip floor safety
- More towels + cleanup supplies
- Water temperature monitoring

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## **Complete “waterbirth add-on” list (copy/paste checklist)**

### **Tub + temp**

- Birth pool/tub
- Liner (if needed)
- Cover
- Floating water thermometer
- Room thermometer (optional)

## **Fill**

- Drinking-water-safe hose (25–50 ft)
- Kitchen faucet adapter (M22/M24)
- Bathroom faucet adapter (M22/M24)
- Shower diverter + adapter (highly recommended)
- Spare washers/gaskets
- Teflon tape
- Y-connector (optional)

## **Drain**

- Submersible pump
- Discharge hose
- Bucket(s)
- Strainer/sieve

## **Floor protection + safety**

- Waterproof tarp / painters plastic
- Underpads/chux (extra)
- Non-slip mats
- Towels (8–12+)
- Mop + disinfectant

## **Hygiene + cleanup**

- Gloves
- Paper towels (multiple rolls)
- Garbage bags + bin liners
- Disinfectant spray/wipes
- Laundry plan (basket + detergent/stain remover)

## **Comfort & warming**

- Robe + grippy socks/slippers
- Dry blankets ready beside tub
- Baby drying towel/blanket dedicated for after birth