

Home Birth Supply List

We are looking forward to sharing a wonderful homebirth experience with you and your family. We supply all the necessary medical equipment and instruments. In preparation you will need to pickup from our clinic the following:

- 28 underpads or 'blue pads'
- Ergonovine/freezer pack – This is medication that requires refrigeration. Please plan on putting it in your fridge as soon as possible.

We suggest the following items in preparation for your home birth:

- 1 – Epsom Salts/Sitz Bath Herbs
- 2 – Zip lock baggies (for your placenta)
- 1 – Oral Thermometer (Ensure working & accurate)
- 1 – Hydrogen Peroxide (For clean up if you have carpets)
- 1 – Bottle Tylenol (325 mg/tablet)
- 1 – Bottle Ibuprofen (200 mg/tablet)
- 1 – Gravol (long lasting)
- 2 – Emergen-C or other electrolyte drinks including 'Labour Aid', coconut water, herbal teas with honey, broth.

Other necessary and helpful items:

- Plastic sheets for mattress (Options include: plastic mattress cover, plastic painter sheets)
- 2 sets of bed linen:
 - 2 birth sheets, 1 fitted and 1 flat
 - 1 set of sheets for a clean bed after the delivery
- 6 – Large towels and 2 hand towels (more if planning a water birth)
- 4 – Wash cloths for perineal compresses and for cold compress on face, neck, etc.
- 1 Roll of paper towels
- A bright, portable lamp, high power flashlight
- Lots of pillows (a few with plastic protectors if possible)
- A large pot or crockpot for warm compresses
- Heating pad, hot water bottle or "magic" bag for microwave
- Large hand or portable mirror
- Ice chips, fruit popsicles, frozen grapes, yogurt, energy drinks, juices, energy balls/bars.
- Camera

For Baby:

- 8 - Receiving Blankets (used is best/washed)
- 2 – Baby hats
- Newborn disposable diapers
- Baby's first clothes (under shirt, sleeper)

A birth ball can be very helpful. Make sure you have some good snacks on hand (midwives get hungry too!) and think about some food for after the birth. New mothers are often very hungry! Set aside some clean comfy clothes for you to get into after the birth.

Put the clean linen, towels, receiving blankets and baby clothes in a clean plastic bag, twist tie and place with all the other supplies in a clean container so they are organized, in one place and we can access them as quickly as necessary.