

## HOME BIRTH SUPPLY LIST

Your midwife will give you a “home birth box” about 4 weeks before your due date with some necessary supplies. Parents are also responsible for collecting the items listed below. Please have these items ready 3 weeks before your due date. You can collect everything in a cardboard box or laundry basket and store it in a safe place out of the way until the birth. Having these things ready ahead of time helps the midwife to set up quickly so she can focus more of her attention on the mother during labour.

- ◇ 4-8 clean older wash cloths (for compresses)
- ◇ 6 large clean older towels (to dry the baby)
- ◇ 6 receiving blankets
- ◇ 2 medium sized glass or stainless steel bowls (1 if you are nauseated and 1 for the afterbirth)
- ◇ 2 large garbage bags and a large, sturdy zip-lock bag
- ◇ 1 digital thermometer
- ◇ a large roll of paper towels (kept in wrapper until needed)
- ◇ a flashlight and fresh supply of batteries
- ◇ 1 large pack of overnight sanitary pads
- ◇ acetaminophen (Tylenol), ibuprofen (Advil), and dimenhydrinate (Gravol)
- ◇ A loose gown or comfortable pajamas to wear after the birth
- ◇ a few diapers
- ◇ 2 newborn size baby hats
- ◇ olive oil or petroleum jelly (to keep meconium stools from sticking to the baby)
- ◇ a onesie and sleeper to dress the baby after the birth
- ◇ hydrogen peroxide or “green” bleach (to remove blood stains if needed)

To protect your mattress and pillows you can also prepare the bed as follows a few weeks before your due date:

1. Put on a good fitted sheet.
2. Put on a good top sheet.
3. Put on a plastic mattress cover or shower curtain. You can secure it with safety pins or duct tape.
4. On top of the plastic sheet put a clean, older fitted sheet for the birth.
5. Next a clean, older top sheet and any other blankets you wish to use.
6. Prepare 4-6 pillows in the same manner with a clean pillowcase, garbage bag to protect the pillow and clean older pillowcase on top.

Because every home birth may evolve into a hospital birth we suggest having a small suitcase ready with the following items in case we need to transfer to the hospital in a hurry: a housecoat, nightshirt and slippers, an outfit for the baby to wear home from the hospital, a small kit of toiletries for mom (hairbrush, toothbrush etc.), some change for parking or using the payphone. Please also have your car seat ready and easily accessible and your health card safely stored in your wallet.