

Birth Supplies List

To use at home in labour

- Acetaminophen (Tylenol) 500 mg
- Dimenhydrinate (Gravol) 50 mg to promote sleep in early labour
- energizing drinks, such as juice or Gatorade
- your favourite music, massage oil, aromatherapy oils
- bendable straws
- heating pad or hot water bottle

To pack for the hospital

- mother's OHIP card
- clothes for mother and baby to wear home (including hat for baby and large underwear for mother)
- snacks (fruit, nuts, muffins)
- toiletries
- pillow
- camera
- infant car seat

For home birth

- 2 plastic shower curtains, plastic sheets or vinyl tablecloths to protect mattress and floor
- 2 large garbage bags
- bright portable light
- container for placenta (plastic yogourt or ice cream tub or large Ziploc bag)
- 12 large disposable bed pads (available at Shoppers Home Health Care, Walmart or The Glebe Apothecary)
- 4-6 old towels
- 6 wash cloths
- 8 receiving blankets
- 2 baby hats
- 2 clean sheets for your birthing bed (one that you don't mind getting dirty)
- large stainless steel bowl or Tupperware for hot compresses
- hydrogen peroxide for cleaning purposes
- squirt bottle or empty shampoo bottle to wash your perineum postpartum
- hand mirror
- food and drinks for your birthing team and midwives

Supplies for the first week after birth

- Ibuprofen (Advil) 200 or 400 mg (to be used in postpartum only)
- Acetaminophen (Tylenol) 500mg
- equivalent herbal/homeopathic remedies (Arnica or herbal baths-avoid comfrey)
- newborn diapers
- large overnight sanitary napkins or adult diapers (avoid "dri-weave")
- digital thermometer