

Labour, Birth, and Postpartum Supply List



To use at home in early or active labour:

- acetaminophen (Tylenol) 500 mg (to promote sleep in early labour)
- 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:

- OHIP card, green hospital card (from pre-registration) and insurance information
- clothes for baby to wear home (including hat and blanket)
- clothes for birthing person to wear overnight and home (including large underwear or adult diapers)
- snacks (fruit, nuts, muffins)
- toiletries
- pillow
- camera
- infant car seat

For home birth: *home birth kit provided to you has basic supplies*

- bright portable light
- container for placenta (plastic yogurt or ice cream tub or large Ziploc bag)
- 4 - 6 old towels
- 6 washcloths and large bowl or tupperware for hot compresses
- 8 receiving blankets
- 2 baby hats
- 2 clean sheets for the bed (that you don't mind getting dirty)
- hydrogen peroxide for cleaning purposes
- hand mirror
- food and drinks for your birthing team

Supplies for the first week after birth:

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