**Checklist: Home Birth Supplies**

**Supplies for you:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Light food for labour |  | Acetaminophen 500 mg tablets(Tylenol or generic brand acetaminophen) |
|  | Refillable water bottle |  | Ibuprofen 200 mg tablets (Advil, Motrin or generic brand ibuprofen)  |
|  | Pillows, at least two |  | Dimenhydrinate 50 mg tablets (Gravol or generic brand anti-nauseant) |
|  | Ice chips, ice cubes, or popsicles |  | Washcloths |
|  | Ice pack |  | Fluid replacement drinks or honey |
|  | Comfortable clothing options |  | Hot water bottle or heating pad |
|  | Large pact of extra-large overnight pad(not “dry weave”) |  | Mirror for watching the birth if you wish to  |

**Supplies for your baby:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Newborn diapers |  | Baby onesie and sleeper |
|  | Two baby hats, newborn size |  | Large, clean towels (not your best ones)  |
|  | Receiving blankets |  | Olive oil for baby’s bottom |

**General supplies for birth and your home:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Digital thermometer |  | Two large garbage bags for laundry & garbage |
|  | One large roll of paper towels |  | Grounded (three-prong) extension cord or power bar |
|  | Large, sturdy tray (eg. cookie sheet) |  | Large, zippered plastic freezer bag for placenta |

**For your bed:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Bottom layer: a clean, fitted sheet |  | Pillows lined with plastic bags and pillow slips |
|  | Middle layer: waterproof fabric covering (eg. shower curtain or plastic sheet) |  | Stain remover for laundry such as hydrogen peroxide or baking soda |
|  | Top layer: a clean, fitted sheet |  | Blankets |

**Other supplies you may find helpful:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Camera |  | Music and music players |
|  | Notebook |  | Small, bright lamp  |

**Hospital Bag:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Extra pillows |  | Snacks |
|  | Refillable water bottle |  | Infant car seat |
|  | Health Card |  | A few newborn diapers |
|  | Clothes for baby to come home in |  | Toiletries (eg. toothbrush, toothpaste) |
|  | Comfortable clothes for you to come home in |  | Large pack of extra-large overnight pads(not “dry weave”) |