

Home Birth Supply List

Please collect the items below in a box or laundry basket and have them ready 3 weeks before your due date. This will make it quicker for your midwife to set up for the birth, allowing her to focus more of her attention on you.

- 4-8 clean older wash cloths (for compresses)
- 6 large clean older towels (to dry mom or baby)
- 6-8 receiving blankets
- 2 medium bowls (1 if you are nauseous and 1 for the placenta)
- 2 large garbage bags
- 1 digital thermometer
- a roll of paper towels
- a flashlight and fresh supply of batteries
- 1 large pack of overnight sanitary pads (preferably not Always)
- A loose gown or comfortable pajamas to wear after the birth, preferably opening in front for skin-to-skin contact and ease of breastfeeding
- a few diapers
- 2 newborn size baby hats
- olive oil or petroleum jelly (to keep meconium stools from sticking to the baby)
- a onesie (undershirt) and sleeper to dress the baby after the birth
- hydrogen peroxide or “green” bleach (to remove blood stains if needed)
- a crockpot if you have one, or medium pot with lid (doesn’t need to be packed ahead)

To protect your mattress and pillows you can also prepare the bed as follows when you are in early labour:

1. Make up your bed with a clean fitted and flat sheet.
2. Cover your bed with the plastic sheet provided.
3. On top of the plastic sheet put a clean, older fitted sheet for the birth.
4. Next a clean, older top sheet and any other blankets you wish to use.
5. Prepare 2-4 pillows in the same manner with a clean pillowcase, garbage bag to protect the pillow and clean older pillowcase on top.

Because any 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. Please read the other side of this page to know what to pack.

Hospital Birth Packing List

Your Postpartum Bag:

- **Your Health Card**
- **Your Blue Heron folder**
- At least 2 extra pairs of underwear
- Going home outfit for baby: hat, sleeper, onesie (undershirt), blanket & weather appropriate car seat cover
- Going home outfit for mom: a change of clothes, comfortable clothing, underwear, bra.
- Personal Hygiene items (shampoo, deodorant, etc.)
- Car Seat
- Maternity pads (not dry weave type ie: Always)
- Diapers for baby
- Snacks for you and your labor support people

Suggestions (optional):

- Pillows from home (Use colored cases to distinguish from your birth place's linens)
- Camera/Camcorder with charged batteries and accessories/cell phone charger
- Any clothes of your own that you wish to wear, such as spare socks and a robe
- Lip Balm
- Change of clothes for partner