

Home Birth Supply List

Please have these items ready prior to your home visit at 37 weeks. If you are planning a water birth please ask for extra instructions.

FOR MOM

- 1- Roll of paper towel
- 1- Thermometer (Celsius) - not the ear kind
- 1- laundry basket
- 2- green garbage bags
- 8- clean old wash cloths
- 1- large pot for hot compresses
- A supply of light snacks and drinks (Gatorade, juices, popsicles etc) for you
- 2-3 plastic flannel-backed picnic table cloths (pay no more than 3-4 dollars) to protect your bed. **Do not buy plastic drop cloths**
- 2- clean bottom fitted sheets for your bed
- 1- large plastic container with re-sealable lid for your placenta about 1 litre size or a large zip-lock freezer bag
- 1- lamp or flashlight for stitching
- 1- bottle (500 mls) of hydrogen peroxide to clean any spills
- 1- large flannel sheet or old clean blanket to cover you after the birth
- 2- batches of herbal bath frozen - see herbal bath instructions

FOR BABY

- 1- heating pad and extension cord to warm up baby clothes (borrowed is OK)
- 2- hats for the baby (washed)
- 4- Clean towels (bath towel size to dry the baby off)
- 4- receiving blankets (washed)
- 1- diaper, 1- undershirt and 1- sleeper (washed)
- 1- small jar of Vaseline

Home Birth Supply List

For the Water Birth

You will need to consider many factors when planning a water birth or your labour in the water at home.

- **Size of your home - the tub takes up a lot of floor space; we need access to at least 2/3 of the tub sides. If you are planning to deliver in the tub, we need to set up our equipment very close by - in the same room. Usually the living room or kitchen is the best.**
- **The tub takes 150 litres to fill—you cannot fill it in one go as your hot water tank does not hold that much water so be near as it fills so you are not filling it with cold water.**
- **Turn up your hot water tank to max.**
- **Have available the ability to empty and fill the tub during the labour, as the tub cools very quickly and we need to have it at 38°C to deliver the baby.**
- **Have the ability to strain the water of debris and dispose of the debris easily—what works is a fish net and a garbage can with a lid.**
- **Have lots of extra towels handy (over and above the home birth list) as everyone needs them to dry off arms and equipment.**
- **Have something on the floor if you are on carpet such as the picnic table cloths or plastic backed paper drop cloths used for painting ---- do not use the plastic drop cloths as they are too dangerous for all!!!! Tarps do work but not well all the time.**
- **Have a fan available as all will get over heated!!!**
- **Have a bag of ice ready.**
- **Be excited; a water-birth is great way to have a baby, using the midwife's epidural!!**