Home Birth Supply List

Please have these supplies collected by the time we do your 36 wk home visit

General:

* Hospital Bag (just in case we need to transfer you to the hospital).
* Infant Car Seat (CSA approved).
* Home Address and important phone numbers written down on a piece of paper
* 1 digital thermometer
* 1 flashlight with extra batteries
* Ibuprophen (Advil) and acetaminophen (Tylenol) for early labor or after labor pains
* 1-2 plastic sheets/mattress covers
* 2 large Ziploc bags
* 2 large garbage bags
* 1 large bowl or container
* 1 pk of large heavy flow sanitary napkins
* 1 pk of Depends
* 1 pk of absorbent underpads (pet pads)
* box of 10X10 gauze

Linens:

* 5-6 large bath towels
* Face cloths
* 1 set of old sheets
* 1 set of clean sheets to make bed after birth
* 4-5 hand towels
* 4-5 baby blankets (not bamboo)

Optional Supplies:

* Birth Pool
* Hand Mirror
* Candles
* Aromatherapy
* Music
* Hot water bottle/gel pack/rice bag
* Birth/excercise Ball
* Padsicles (frozen pads in freezer)
* Small spray bottle (peribottle)
* Arnica or Witch Hazel (for bruising and swelling)
* Herbal Healing Bath Blend (perineal healing)