



Home Birth Supplies

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It is recommended that the following be prepared 3 weeks before your expected due date. A birth kit with essential supplies needed for a planned home birth is available at www.mamagoddessbirthshop.ca

Please note: The supplies below are in addition to the birth kits and are helpful to have ready in preparation for a home birth. If you choose not to purchase a birth kit from the online Mama Goddess Birth Shop, please purchase locally at any pharmacy the minimal **essential supplies** listed below.

Supplies

- 1 oral thermometer
- 1 flashlight and extra batteries
- 2 gel-type cold packs, or wet, shape and freeze 6 menstrual pads
- 1 large pot to boil water
- 1 small bottle of unopened olive or almond oil
- 1 large box sanitary pads (overnight)
- Q-tips for cord care
- 1 small bottle of liquid hand soap (not antibacterial)
- 1 roll of paper towels
- 2 large garbage bags
- 1 plastic container for the placenta

Labour Aids

- Hot water bottle or heating pad
- Pillows
- Easily digested foods
- Juice and ice chips

Linen For The Birth

- 2 fitted sheets
- 2 flat sheets
- 4-6 towels (2lg, 2 sm)
- 6-8 face cloths
- Plastic sheet/vinyl table cloth

** In early labour put on the clean set of sheets that you will want to use on your bed AFTER the birth. Cover these sheets with the plastic sheet. Over these put on your Labour & Birth Sheets. After the birth, the plastic sheet and the sheets used for the birth can be removed...leaving a clean bed.*

Waterbirth Supplies

- Pool liner (available from Plum Midwifery for \$40.00)
- Tarp
- Fish net/scooper
- Pool thermometer
- Shoulder length gloves (available from Mama Goddess)

Warm Pack For Newborn

- 1 baby undershirt
- 1 baby nightgown or sleeper
- 1 cotton hat
- 1 pair of socks
- 8-10 flannel receiving blankets

Essential Supplies

- Blue or green underpads (24)
- (2) Plastic sheets (vinyl table cloth)
- Non sterile gloves
- 4X4 sterile gauze pads (1 box)

Optional Supplies

- Camera
- Mirror
- Homeopathic arnica 30c (tissue healing)
- Ibuprofen and Tylenol

Also

- Use of a well running car, with a full tank of gas
- Support person for any children present
- A phone is a necessity, plus a phone list posted nearby. Include your full names, address and phone number, pager number for your midwives.
- Help for 10 days postpartum
- Vitamin D drops for your baby