



Home Birth Supplies

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A birth kit for a planned home birth is available at Plum Midwifery office.

Please obtain additional supplies below:

Essential Labour and Birth Supplies

- (2) Plastic sheets (eg: vinyl table cloth)
- 6-8 face cloths
- 2 large garbage bags
- 1 large box sanitary pads (overnight)

Please note: Please gather the essential supplies above. The supplies below are **non-essential** suggestions, however they are considered useful to have ready in preparation for a home birth.

Essential Newborn Supplies

- 8-10 flannel receiving blankets
- 2 cotton hats

Home Support

- 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

Additional Supplies:

- 1 small unopened bottle almond or grapeseed oil
- 1 bottle Hydrogen Peroxide
- 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
- Q-tips for cord care
- 1 roll of paper towels
- Mirror
- Ibuprofen and Tylenol
- Snacks, juice, coffee, tea for support team and midwives

Labour Aids

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

Linens For The Birth

- 2 fitted sheets
- 2 flat sheets as noted above in the essential supplies
- 4-6 towels (2lg, 2 sm)
- 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, and liner if required
- Tarp
- Fish net/scooper
- Pool thermometer