



Birth Supplies for Home Birth

Please have the following ready by 37 weeks pregnant:

- 12 maternity maxi pads (consider wetting 6 of them and placing them flat in the freezer for handy cold packs afterwards)
- 1 large Ziploc bag (For the placenta)
- 1 bottle Tylenol (325 mg tablets)
- 1 bottle Ibuprofen (200 mg tablets)
- Gravol (useful in early labour)
- 1 digital thermometer
- 1 box newborn disposable diapers
- 2 newborn hats
- 2 fitted sheets (put the plastic sheet between)
- 4 large towels
- 4 face cloths
- 8 Receiving blankets--please set these linens aside with your birth kit.
- Epsom salts

If you are using a birth pool:

- Plastic and towels for under and around the pool
- Fish aquarium net
- New garden hose and sink faucet adapter
- 2 large pails (2+ gallons)
- An additional 4 bath towels

It may be nice to have some or all of the following, as you wish:

- Herbal perineal wash (for healing)
- Hand mirror
- Liquid calcium-magnesium (for early labour cramps)
- Gel-type cold packs
- Hot water bottle/heating pad/microwave rice pack

