



Birth Supplies for Hospital Birth

Please have the following ready by 37 weeks pregnant:

Have on hand at home:

- 6 blue underpads
- 12 maternity maxi pads (consider wetting 6 of them and placing them flat in the freezer for handy cold packs afterwards)
- Epsom salts
- 1 bottle Tylenol (325 mg tablets)
- 1 bottle Ibuprofen (200 mg tablets)
- Gravol (useful in early labour)
- 1 digital thermometer

Take to hospital:

- Change of clothes for both partners
- Toiletries for both partners
- Bathing suit for partner
- Sleeping bag or blanket for partner
- 2 pillows (in bright or printed pillow cases)
- Juice & snacks
- Music
- Outfit for baby to go home in (including diaper)
- Baby blanket and hat
- Infant car seat
- Camera, batteries, film

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

- Herbal perineal wash (for healing)
- Homeopathic Arnica 30C (for swelling & bruising)
- Liquid calcium-magnesium (for early labour cramps)
- Gel-type cold packs
- Hot water bottle/heating pad/microwave rice pack