



## Home Birth Supplies and Considerations

Please have everything on the list for, *“What to pack for a Hospital Birth”* as well as the following:

- 🌀 1 roll of paper towels
- 🌀 2 large containers like laundry baskets, boxes, or pails. One is for laundry and one is for garbage.
- 🌀 Flashlight or movable lamp
- 🌀 Portable space heater to ensure a warm birth place (more important in cooler months)
- 🌀 Unopened bar of soap or soap dispenser for midwives to wash hands
- 🌀 One large bottle of peroxide (a.k.a. green bleach) to remove any blood from carpets and linens
- 🌀 Large mirror to watch birth, if desired
- 🌀 Electric kettle or slow cooker for preparing hot compresses
- 🌀 10 clean wash clothes for hot compresses
- 🌀 6 clean bath towels and 10 receiving
- 🌀 Package of “homebirth supplies” that your midwife gave you and your records
- 🌀 Plastic covering for carpets like drop-cloth for painting, if desired. Strongly recommended if you are planning a water birth.
- 🌀 Cordless phone, or phone close-by delivery area
- 🌀 Metal hanger (used to hang IV bag from if required)
- 🌀 Hot/cold pack (one that may be frozen or heated-rice bag would work well)
- 🌀 The bath tub should be cleaned and well rinsed in early labour as you may want to use it
- 🌀 Food and fluids to consume in labour (when choosing foods keep in mind that many women vomit in labour- these should be bland, high in carbohydrates and protein. Please no nuts)
- 🌀 Music that you like, as desired
- 🌀 Smells that you like, as desired
- 🌀 Inspirational pictures or sayings, as desired

### How to prepare your bed for a home birth:

We ask all women planning a home birth (whether a land or water birth) to also prepare a bed. This is used if you change your mind about delivering in water, if we need to manage an emergency, or if we deliver the placenta out of the water.

- 🌀 Make the bed with clean linen.
- 🌀 Cover the clean sheets with a shower curtain, heavy plastic drop sheet, or gortex cover (this is to protect your mattress).



- Cover the plastic layer with linens that you wouldn't mind becoming stained – bottom and top sheet. Pillows do not often become soiled, but you may want to put them in a garbage bag prior to putting them in cases.