

Home Birth Supplies Checklist

Below is a list of supplies to prepare for having on hand during your home birth.

It is a good idea to connect with your midwife to learn what supplies they may have for you. We have starred the most important items to help support your planning. If there are items listed you are unsure of, discuss with your midwife. If you need additional support to access some of these items please connect with your midwife and your local public health centre.

Supplies for you

- Food for labour *
- Large pack of extra-large overnight pads (not “dry weave”)*
- Pillows, at least two *
- Acetaminophen 500 mg tablets * (Tylenol or generic brand acetaminophen)
- Ibuprofen 200 mg tablets * (Advil, Motrin or generic brand ibuprofen)
- Dimenhydrinate 50 mg tablets (Gravol or generic brand anti-nauseant)
- Washcloths (6) *
- Lip balm
- Fluid replacement drinks or honey
- Hot water bottle or heating pad
- Massage oil or lotion and handheld massager
- Mirror for watching the birth if you wish to

Supplies for your baby

- Newborn diapers *
- Two baby hats, newborn size *
- Receiving blankets (6) *
- Baby onesie and sleeper *
- Olive oil for baby's bottom (to prevent meconium from sticking to skin)

Other supplies you may find helpful

- Camera
- Notebook
- Music and music players
- Print and post [birth affirmation cards](#)

General supplies for birth and your home

- Large, clean towels (not your best ones: 8) *
- One large roll of paper towels *
- Large, sturdy tray (eg. cookie sheet) *
- Large, zippered plastic freezer bag for placenta (if you are keeping it) *
- Two large garbage bags for laundry & garbage *
- Grounded (three-prong) extension cord or power bar *
- Bright lamp *

For your bed

- Bottom layer: a clean, fitted sheet *
- Middle layer: waterproof fabric covering (eg. shower curtain or plastic sheet) *
- Top layer: a clean, fitted sheet *
- Pillows lined with plastic bags and pillow slips *
- Blankets *
- Stain remover for laundry such as hydrogen peroxide or baking soda

For water birth

- Birth pool *
- Disposable pool liner if renting or borrowing a birth pool *
- Floating thermometer *
- New hose to fill pool and tap adapter *
- Towels (extra towels if planning a water birth) *
- Debris net (to clean the pool water) *
- Plastic drop sheet *

Hospital bag

- [PSBC Labour and Birth Hospital Packing List](#)

If you are planning a home birth, it is still a good idea to have a hospital bag packed.