

Birth Supplies List

Birth supplies should be ready by 37 weeks, or 3 weeks before the due date. Please gather supplies together in a box or basket. |

Items with an asterisk (*) can be purchased at large drug stores or Starkman's Surgical Supply at Bathurst & Davenport. We can supply these items for a donation.

To use at home in labour:

- Disposable bed pads (12 for hospital birth, 24 for home birth) *
- Pillows (at least 2)
- Basin or pail (for vomiting)
- Washcloths (2 for hospital birth, 6 for home birth)
- Food and drink for woman and helpers
- Honey and/or Gatorade or labour aid (see recipe)
- Gravol oral tablets, 50 mg
- Acetaminophen (Tylenol) 500 mg tablets
- Hot water bottle
- Ice pack

For home birth:

- Plastic sheet for the bed
- 2 large garbage bags
- Small, unopened bottle of olive oil
- One package of sterile gauze pads, 10 cm x 10 cm *
- Extension cord (3-prong)
- 8-12 receiving blankets (flannel squares)
- At least 2 baby hats
- Laundry product for removing stains (eg. Hydrogen peroxide or oxyclean)
- Large, firm tray or cookie sheet with low edges
- Clean linen, including 2 fitted sheets

Preparing the birth bed: Put on one fitted sheet. Put the plastic sheet on over it. Put on a second fitted sheet, one you don't mind getting dirty. You may need to fasten it with safety pins to keep it from slipping off the plastic.

To pack for the hospital:

- Pillows
- Vomit basin or bag for the car
- Snacks for woman and helpers
- Change for phone and vending machines
- Blanket in car
- Infant car seat**
- Clothes for baby to wear home (including a hat +)
- A few newborn diapers and wipes +
- Overnight supplies (toothbrush, hairbrush, etc.)
- Clothes for mother to wear home incl. underwear (disposable underwear +)
- A few overnight size menstrual pads, **not** with "Driweave" (eg. Kotex) +
- Health Card
- Hospital card if you have one

Please note that no more than two support people are allowed in the hospital with you in labour.

Other helpful items:

- Space heater or other way to make birth room **warm** (for homebirth)
- Camera and film
- Small bright lamp (for homebirth)
- Music player and speakers, recordings
- Drinking straws and cup +

Helpful supplies for the first week after birth:

- Overnight size menstrual pads, **not** with "Driweave"
- Squeeze bottle for cleaning perineum
- Homeopathic *Arnica*, optional
- Extra-strength (500mg) Acetaminophen (also know as Tylenol)
- Ibuprofen (200mg or 400mg) (also known as Advil or Motrin)
- Natural oil or lotion for dry baby skin
- Polysporin ointment, optional
- Digital thermometer, Celsius reading
- Diapers, receiving blankets, undershirts, sleepers, hats for baby
- Diaper cream (Zincofax, calendula cream, or alternative)
- Humidifier

If you stay more than 2-4 hours after a hospital birth some of these supplies will be offered to you for purchase for \$20 (a "must-haves" bag, contents marked with the symbol +). It is also fine to just bring your own.