



Checklist: Home Birth Supplies

Supplies for you:

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| <input type="checkbox"/> Light food for labour | <input type="checkbox"/> Acetaminophen 500 mg tablets (Tylenol or generic brand acetaminophen) |
| <input type="checkbox"/> Refillable water bottle | <input type="checkbox"/> Ibuprofen 200 mg tablets (Advil, Motrin or generic brand ibuprofen) |
| <input type="checkbox"/> Pillows, at least two | <input type="checkbox"/> Dimenhydrinate 50 mg tablets (Gravol or generic brand anti-nauseant) |
| <input type="checkbox"/> Ice chips, ice cubes, or popsicles | <input type="checkbox"/> Washcloths |
| <input type="checkbox"/> Ice pack | <input type="checkbox"/> Fluid replacement drinks or honey |
| <input type="checkbox"/> Comfortable clothing options | <input type="checkbox"/> Hot water bottle or heating pad |
| <input type="checkbox"/> Large pack of extra-large overnight pad (not “dry weave”) | <input type="checkbox"/> Mirror for watching the birth if you wish to |

Supplies for your baby:

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| <input type="checkbox"/> Newborn diapers | <input type="checkbox"/> Baby onesie and sleeper |
| <input type="checkbox"/> Two baby hats, newborn size | <input type="checkbox"/> Large, clean towels (not your best ones) |
| <input type="checkbox"/> Receiving blankets | <input type="checkbox"/> Olive oil for baby’s bottom |

General supplies for birth and your home:

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| <input type="checkbox"/> Digital thermometer | <input type="checkbox"/> Two large garbage bags for laundry & garbage |
| <input type="checkbox"/> One large roll of paper towels | <input type="checkbox"/> Grounded (three-prong) extension cord or power bar |
| <input type="checkbox"/> Large, sturdy tray (eg. cookie sheet) | <input type="checkbox"/> Large, zippered plastic freezer bag for placenta |



For your bed:

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| <input type="checkbox"/> Bottom layer: a clean, fitted sheet | <input type="checkbox"/> Pillows lined with plastic bags and pillow slips |
| <input type="checkbox"/> Middle layer: waterproof fabric covering (eg. shower curtain or plastic sheet) | <input type="checkbox"/> Stain remover for laundry such as hydrogen peroxide or baking soda |
| <input type="checkbox"/> Top layer: a clean, fitted sheet | <input type="checkbox"/> Blankets |

Other supplies you may find helpful:

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| <input type="checkbox"/> Camera | <input type="checkbox"/> Music and music players |
| <input type="checkbox"/> Notebook | <input type="checkbox"/> Small, bright lamp |

Hospital Bag:

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| <input type="checkbox"/> Extra pillows | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Refillable water bottle | <input type="checkbox"/> Infant car seat |
| <input type="checkbox"/> Health Card | <input type="checkbox"/> A few newborn diapers |
| <input type="checkbox"/> Clothes for baby to come home in | <input type="checkbox"/> Toiletries (eg. toothbrush, toothpaste) |
| <input type="checkbox"/> Comfortable clothes for you to come home in | <input type="checkbox"/> Large pack of extra-large overnight pads (not “dry weave”) |