

Birth Supplies Checklist

Early Labour:

- Light food
- Small garbage pail or bowl for vomiting
- Fluid replacement drinks (Ex. coconut water, Gatorade, Pedialyte) or honey
- Ice cubes, popsicles, or freezies
- Ice pack
- Washcloths (to wet with cold water for when hot/nauseous)
- Acetaminophen 500 mg tablets
(Tylenol or generic brand)
- Dimenhydrinate 50 mg tablets
(Gravol or generic brand to reduce nausea and help sleep)
- Hot water bottle or heating pad
- Pantiliners

Hospital Bag:

- Food for laboring person and support person (consider bringing cooler with 1-2 days' worth of food)
- Refillable water bottle with reusable straw
- 2 Changes of clothes for support person (required to change clothes upon return to CGMH if they leave the hospital [permitted once within a 24-hour period])
- Toiletries (eg. deodorant, lip balm, comb/brush, hair elastics, headband, shampoo, conditioner, soap, toothbrush, toothpaste, etc.)
- Nipple cream
- Pack of extra-large overnight pads or TENS/Depends diapers
- Diapers Sizes: Newborn and 1 (1 pack of each)
- Baby wipes
- Baby soap

- 3 baby onesies, sleepers, and socks; Sizes: Newborn and 0-3 months
- Baby hats; Size: Newborn and 0-3 months
- 3 baby blankets
- Infant car seat and base
- Pillows from home (optional)
- Comfortable clothes to wear home (usually what you wore at 28 weeks pregnant)

Supplies for Homebirth Only:

For Baby:

- 8 Baby blankets (ones you do not mind getting stained or dirty)
- Baby hats you do not mind getting dirty; Sizes: Newborn and 0-3 months (one of each)

For birth:

- At least 8 large towels (ones you do not mind getting stained or dirty)
- 8 facecloths (ones you do not mind getting stained or dirty)
- 2 large garbage bags (1 for laundry & 1 for garbage)
- Laundry Hampers/Baskets/Container to hold laundry & garbage bags open
- Three-pronged extension cord with power bar (for midwives to plug in equipment)
- Bowl/Tupperware container to deliver placenta into
- Large freezer Ziplock bag for placenta
- Bottom Layer: waterproof barrier pinned on top of mattress cover (eg. shower curtain, plastic sheet/tablecloth)

For Bed:

- Top layer: Clean fitted sheet, top sheet, & warm blanket/duvet (ones you do not care about getting stained or dirty)
- Clean “good” sheets, pillowcases & bedding for sleeping once bed is stripped of dirty linens

- Pillows lined with plastic bags or pillow slips and covered in pillowcases you do not mind getting stained or dirty)
- Stain remover for laundry such as hydrogen peroxide and/or table salt

Waterbirth:

- Birth Tub (Can borrow from Midwives Nottawasaga)
- Liner for Birth Tub (Provided by Midwives Nottawasaga for \$50)
- Air pump to fill birth tub (provided by Midwives Nottawasaga if using MN birth tub)
- Garden Hose to fill birth tub
- Adapter to attach hose to water faucet (if required)
- Pump to drain birth pool (provided by Midwives Nottawasaga if using MN birth tub)
- Tarps/plastic shower curtains/tablecloths to place under and around birth tub to protect floors from water damage
- Thermometer to monitor water temperature in birth tub

Other Supplies that may be Helpful:

- Camera/Video Camera
- Music and speakers
- Positive birth mantras/pictures to hang around the room or read
- Diffuser & essential oils
- Mirror if you want to watch delivery
- Arnica (for energy & pain)
- TENS Machine
- Yoga Ball (for home birth, supplied by hospital)
- Tennis balls (for back massage)

Post-Partum:

- Snacks that are easy to eat with one-hand while feeding the baby (ex. fruit, nuts, protein bars, etc.)
- Frozen meals
- Pack of extra-large overnight pads or TENS/Depends diapers
- Witch Hazel (to freeze in maxi pads or spray on perineum)
- Aloe vera gel (to freeze in maxi pads)
- Epsom salts
- Acetaminophen 500 mg tablets
(Tylenol or generic brand acetaminophen)
- Ibuprofen 200 mg tablets
(Advil, Motrin or generic brand ibuprofen)
- Stool Softener (NOT laxative) Ex. Senokot or Colace
- Metamucil, Benefibre, Restoralax, or Magnesium (if constipation is not improved drinking 3 litres of water per day and eating more fruits and vegetables)
- Nipple cream
- Thermometer
- Baby clothes; Sizes: Newborn and 0-3 months
- Diapers Sizes: Newborn and 1
- Baby wipes
- Natural oil for baby's bottom & skin (ex. olive or coconut)
- Baby blankets/swaddle/sleep sack
- Bassinet or crib

