

# Home Birth Supply List

A homebirth supply kit, funded by Fraser Health, will be available at our clinic once you reach 36-37 weeks gestation. The kit contains basic disposable supplies used during homebirth.

Along with the homebirth supplies provided, please have the following gathered by about 37 weeks. Put all the supplies in a laundry basket or plastic tote so that your caregivers can access them easily during your homebirth.

- 1 large package of sanitary pads (overnight, extra long, or maternity)
- 2 large garbage bags
- Plastic sheet (shower curtain or drop sheet works well) large enough to cover mattress
- 2 fitted sheets for your bed
- 4-6 large towels
- 6 face cloths
- 10 receiving blankets
- Outfit for baby, newborn diapers
- A bright portable light/flashlight
- Hand mirror
- 1 roll of paper towels
- Large lightweight bowl or basin
- 1 bottle of hydrogen peroxide or enzyme cleaner (to clean stains from carpet)
- Witch hazel or Tucks pads (for hemorrhoids)
- Regular-strength ibuprofen (Advil or Motrin) and acetaminophen (Tylenol)

## You may want the following during your labour:

- 4-6 pillows (can be protected by covering with plastic kitchen bags)
- Exercise ball (for position changes)
- Heating pad or hot-water bottle
- Candles, aromatherapy, fan
- Music

## Preparing your home:

- If you live in a house or townhouse, **ensure that your porch light works, and that your address number is well-lit and visible from the street**
- On the day of your labour, please do your best to secure parking for caregivers (and for an ambulance in case of emergency)
- Light nourishment and clear fluids (Gatorade, Popsicles, juice, ginger ale, tea/honey)
- Clean and remove clutter from the bedroom
- Clean toilet and bathtub
- In the room in which you plan to give birth, ensure that a large surface is available for the midwives' equipment—a table or top of low dresser, with an electrical outlet or extension cord within reach
- Freeze panty liners with a little bit of water or witch hazel on them for ice packs
- If you are planning a waterbirth, either rent a birth tub or purchase and inflate a 3-ring “kiddie pool”—with either choice, consider doing a “dry run” (taking into account how you will inflate the tub, how you will fill it, and how much water from your hot-water tank it will require) ahead of time