



# Home Birth Supplies

Your midwives carry all essential equipment and medical supplies needed for a safe home birth.

When attending your birth, the midwives will need room to work and an area to lay out their equipment. Please clean your birth space and remove unnecessary clutter.

Assemble the items below by 37 weeks of pregnancy and place them into a cardboard box or laundry basket. Add the Blue Birth Bag (which you will receive at 36 weeks) to this box. Having your “birth box” organized enables your midwife to set up quickly, if needed, so she can focus her attention on you.

In the unlikely event that you need to transfer to hospital, be ready to go by packing a small hospital bag.

To prepare your bed for birth at home, follow the simple instructions at [ontariomidwives.ca/prepare-your-bed-home-birth](http://ontariomidwives.ca/prepare-your-bed-home-birth)

## CHECKLIST

- |  |   |
|--|---|
| <input type="checkbox"/> Blue Birth Bag                                      | <input type="checkbox"/> yoga mat   |
| <input type="checkbox"/> comfortable clothing                                | <input type="checkbox"/> heating pad                                      |
| <input type="checkbox"/> food for labour                                     | <input type="checkbox"/> crock pot or cooking pot                         |
| <input type="checkbox"/> digital thermometer                                 | <input type="checkbox"/> three-pronged extension cord/power bar           |
| <input type="checkbox"/> tylenol, advil, gravol                              | <input type="checkbox"/> stainless steel bowl                             |
| <input type="checkbox"/> 4-5 towels (clean, older)                           | <input type="checkbox"/> cookie sheet, sturdy tray or large cutting board |
| <input type="checkbox"/> 6-8 washcloths (clean, older)<br>for hot compresses | <input type="checkbox"/> 2 compost bags                                   |
| <input type="checkbox"/> 2 fitted sheets for your bed (one older)            | <input type="checkbox"/> 2 black garbage bags                             |
| <input type="checkbox"/> shower curtain or plastic sheet                     | <input type="checkbox"/> box of salt (laundry)                            |
| <input type="checkbox"/> toilet paper  | <input type="checkbox"/> olive oil (small bottle)                         |
| <input type="checkbox"/> paper towel   | <input type="checkbox"/> 2 cotton baby hats                               |
| <input type="checkbox"/> overnight pads                                      | <input type="checkbox"/> 10-12 cotton receiving blankets                  |
|  | <input type="checkbox"/> diapers (newborn)                                |