

# HOME BIRTH SUPPLIES CHECKLIST



- Five or six older, soft towels
- Five or six older, soft face clothes or a towel cut up, in a separate bag
- Two large plastic sheets (shower curtains or drape cloths)
- Two large clean bowls - one for the placenta and the other for water, ice etc.
- Extra pillows (at least four) with clean pillow cases
- Wash cloths for wiping face in labour
- Space heater to boost room temperature for baby's arrival ( if needed)
- Clean towels and soap in the bathroom
- One roll of paper towels
- One roll of toilet paper or one box of tissue
- An accurate clock
- Clean baby clothes, diaper and receiving blanket, baby hat
- Cotton tip swabs
- Celsius thermometer
- Eight to twelve receiving blankets
- Small bag of frozen vegetable or crushed ice (for ice packs)
- Garbage bags (one for laundry, one for garbage)
- Box of table salt (for laundry)

## INSTRUCTIONS:

- Prepare the bed in layers:
- 1) Mattress
  - 2) Plastic cover
  - 3) Fresh sheet
  - 4) Plastic cover
  - 5) Old sheet

## Nice things to have around for the birth is you choose:

- 1) Massage oil
- 2) Gentle music
- 3) Hot water bottle or heating pad
- 4) Thick flannel sheet for after the birth